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MARCH 13- 19, 2014

A HOME FOR BACON
LOVERS P. 40

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LOCAL NEWS, FOOD, ARTS AND ENTERTAINMENT

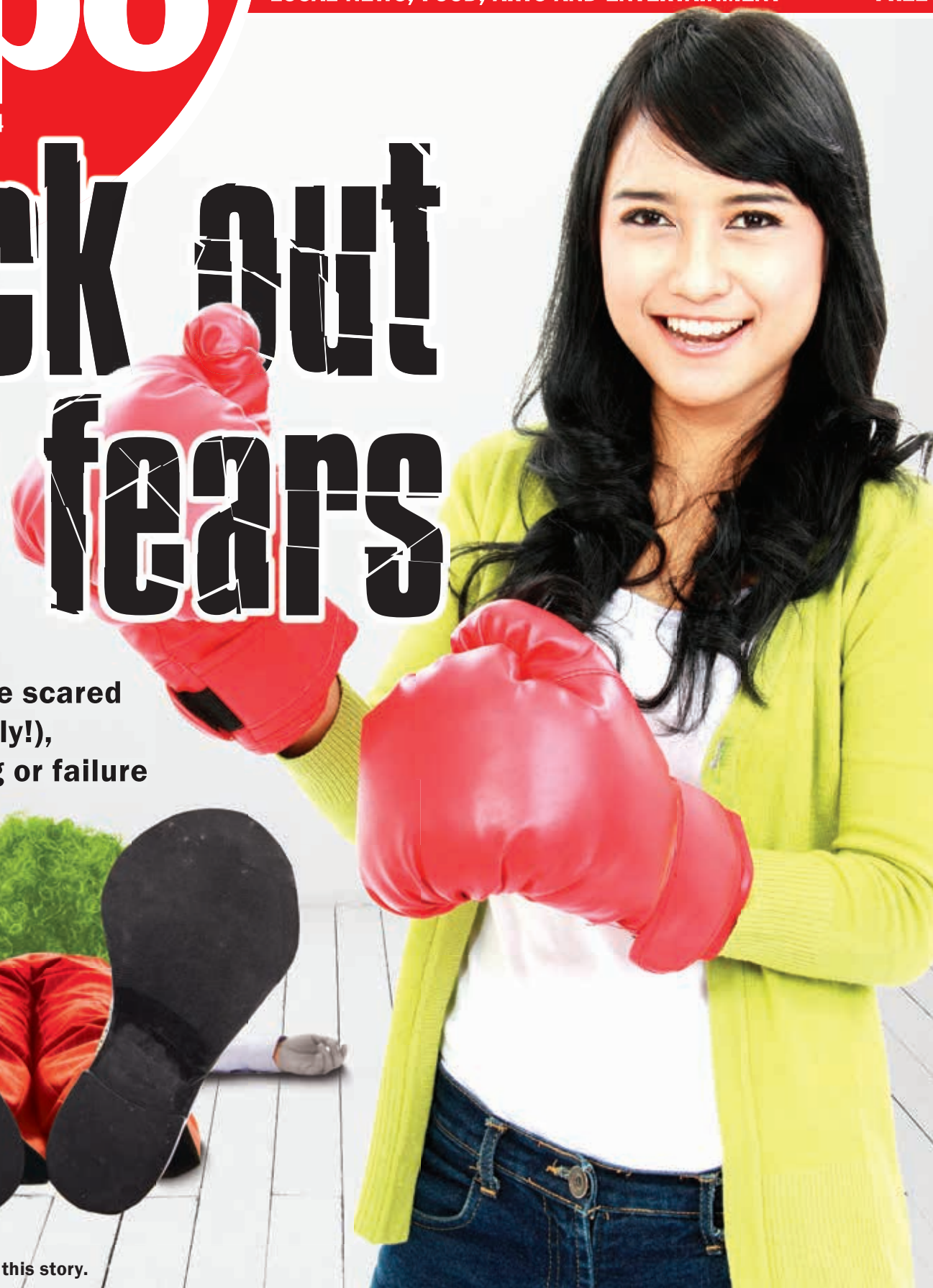
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GRANITE VIEWS **PATRICK DUFFY** Jobs for America's Graduates



While it is encouraging to see in the local newspaper the number of high school students who have achieved at the honors level or above in the last grading period, it is of concern that many other

students have not attained that level of accomplishment. In fact, some high school students are on the verge of failing due to a lack of parental support and encouragement, plus the countless distractions in the lives of our youth, and the fact that some students do not adapt well to the traditional school environment.

There are studies that clearly show that without a successful completion of high school, coupled with some post-secondary training, many of these young adults end up among the ranks of the unemployed. In a 2012 study prepared by Northeastern University on employment outcomes for high school graduates the major findings include these: The overall employment rate for non-college-enrolled high school graduates was slightly below 47 percent; the share of employed youth with full-time jobs was only 43 percent, and the full-time employment rate for the non-college-enrolled graduates was only 19 percent.

The numbers speak for themselves, since we are all aware that, with the changes in our economy, the skills needed for employment demand not just a high school graduation diploma but also some additional training whether in a specific skill or in an apprentice program. When we hear of the number of unemployed, it is often the case of a job-seeker not having the skills required for a vacant position.

Here in New Hampshire we are fortunate to have a program in several of our high schools that addresses this issue. Jobs for America's Graduates has a proven track record of instilling workplace aptitudes and skills. It's in a dozen schools throughout the state and has made a difference in many students' lives. Last year, the graduation rate of students in this program was nearly 100 percent, and the employment rate of graduates was 83 percent. At a recent Leadership Awards breakfast meeting in Concord, several individuals were recognized for their support of the program, but more business and community support is needed for it to expand from the existing dozen schools to double or triple that number. It takes a committed community to make this program more of a success. I recommend that you inquire of your school representatives whether they are aware of the program and are willing to provide the support needed to make it a reality in their communities.

Patrick Duffy has served as commissioner of the N.H. Department of Administrative Services, in various management positions with Verizon and as chairman of Manchester Airport Authority and has been on the board of numerous local organizations. He is a retired Colonel, U.S. Air Force.



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ON THE COVER

14 KNOCK OUT YOUR FEARS Everyone's afraid of something — what makes your heart race? We took a look at some common fears, from clowns to failure, to find out the "whys" behind them and the best ways to get past them.



Also on the cover, we caught up with Jillian Michaels to talk about her upcoming Maximize Your Life tour, coming to the Capitol Center on March 22 (p. 29). If your idea of maximizing your life is more bacon than buff body, go ahead and pig out at the Bacon Barn (p. 40). And for a long weekend of St. Patrick's Day fun, check out what authentic Irish pubs — and the rest of 'em — are doing to celebrate (p. 58).

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Look out for potholes!

Pothole squad

Bike Manchester, a group that celebrates bicycling in the city, has launched a pothole reporting campaign. Anyone who spots one of the seemingly countless potholes is encouraged to call the Department of Public Works' 24/7 hotline at 624-6444 or report online at bikemht.com/potholes.

The bicycle enthusiasts wanted to do something that would improve bicycling culture in Manchester and help out car drivers too.

"We started talking about, well, what can we do as a first project to really start to improve bicycling in Manchester and show we're not pro bike and anti everyone else," said spokesperson Will Stewart.

And it happens to be the perfect project for winter 2014, as road crews are struggling to keep up with the staggering number of potholes in the city.

A public works hotline already existed, but this is a way to generate more engagement from residents, Stewart said. Todd Connors, engineering manager for the DPW, said in a press release that crews are out every day, but they can only fill potholes they know about, and the department appreciates Bike Manchester's efforts.

The project will continue through the spring season, and Bike Manchester members are leading the way with their own reports.

"I think we all have our eyes open now, wherever we are," Stewart said. "Whether we're on a bicycle or walking down the street, or in our cars, we're certainly on the lookout now."

Spelling bee champ

Sixth-grader Arushi Kalpande, a student at Infant Jesus School in Nashua, won the New Hampshire Spelling Bee last week at the Capitol Center for the Arts, WMUR reported. She correctly spelled "insouciant," which means "free from concern, worry or anxiety." Next, she'll be headed to the Scripps National Spelling Bee in Washington, D.C., in May.

Oscar winner

University of New Hampshire English department graduate Jennifer Lee was honored with an Oscar March 2. *Frozen*, the Disney movie she wrote and co-directed, won the Best Animated Film Award, WMUR reported. It's her second major award after winning a Golden Globe earlier this year. *Frozen* is the story of a princess who goes on an adventure to rescue her sister from isolation after her power to freeze things by touch wreaks havoc on the kingdom. UNH junior Melissa Durkee told NHPR, "I actually [shared the news with] my parents because I was like, 'See, I told you I could do something with my major!'"

State treasurer leaves

State Treasurer Catherine Provencher is stepping down at the end of the month to take a top financial position at the University System of New Hampshire, the Concord Monitor reported. Provencher has served as treasurer since 2007, where she led the office in charge of cash and debt management. Provencher said she's most proud of upholding New Hampshire's credit rating during the financial crisis and working through a new accounting system in 2009, the Monitor reported. Gov. Maggie Hassan will appoint a temporary commissioner of the treasury to take Provencher's place until the next election.

Low unemployment

For the first time in more than five years, New Hampshire's unemployment rate dipped below 5 percent, the Eagle Tribune reported. In January, it was 4.9 percent, down 0.3 percent from December. The state's unemployment

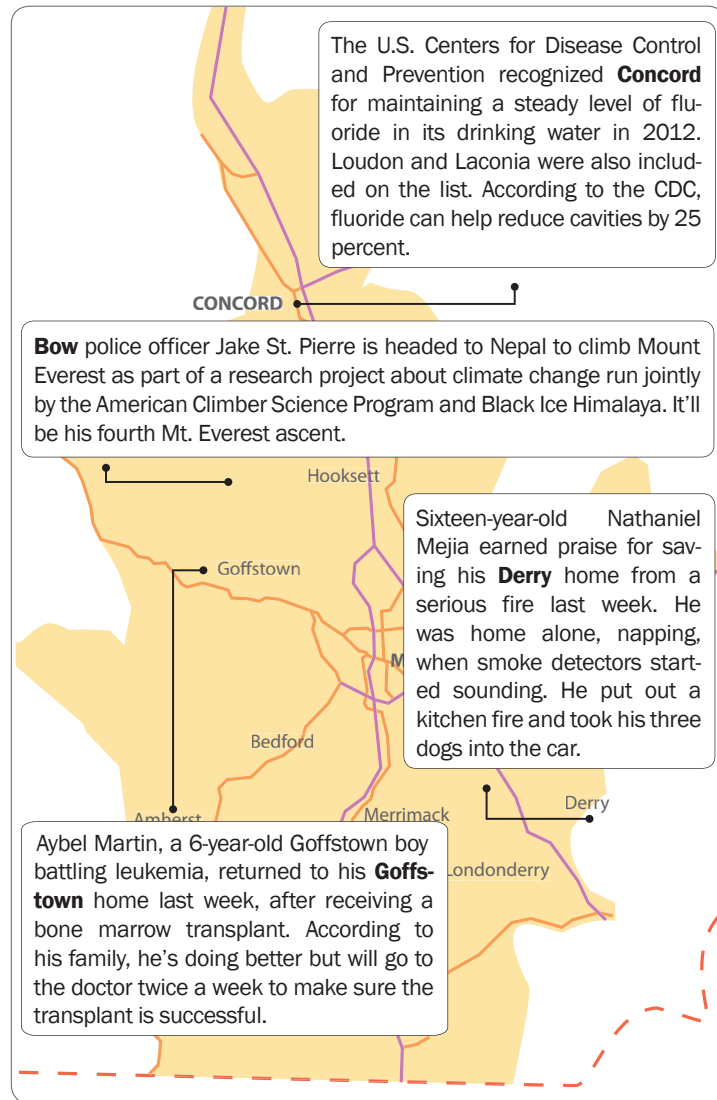
hit a high of 6.7 percent in October 2009. The worst recorded unemployment was in 1975, when the oil crisis brought it to 8.3 percent. The news comes at the same time a House committee unanimously voted to increase the maximum weekly benefits for unemployment.

Bob Smith for Senate

Former two-term New Hampshire Sen. Bob Smith has officially joined the group of Republicans who are challenging Democratic incumbent Sen. Jeanne Shaheen in 2014. Last Tuesday, at his announcement in Concord, he pitched himself as capable of wrestling for control with Washington "insiders," according to the Concord Monitor. Smith represented New Hampshire in the House of Representatives from 1985 to 1990, before switching to the Senate from 1990 to 1992.

Insurance approved

The New Hampshire Senate voted 18-15 to approve SB 413, the New Hampshire Health Protection Program, which will provide access to affordable health insurance to more than 50,000 low-income Granite Staters. The bill creates a three-stage program to extend affordable health insurance: the Health Insurance Premium Program, the Bridge to Marketplace Premium Assistance Program, and the Marketplace Premium Assistance Program. Federal funding is slated to cover 100 percent of the costs associated



with the Health Protection Program, which will be repealed at the end of 2016 unless future legislatures vote to extend it.

Cell phone ban

The House's vote last week takes the state a step closer to a ban on all hand-held cellphone use while driving, the Concord Monitor reported. It voted 192-133 in favor of the ban. It's

already illegal to type while driving, but the new law would mean all use of a hand-held cell phones for talking, using the Internet, and also using phone GPSs would be off limits too. Bluetooth devices and cellular systems built into vehicles would still be legal provided only a push of a button is needed to control them, according to the Concord Monitor.

BEST WEEK

MANCHESTER COMMUNITY COLLEGE

Last Thursday Manchester Community College hosted a grand opening to celebrate its downtown center. Officials hope the downtown location will introduce the nearby main campus programs to area high school students, businesses and residential neighbors, according to a press release.

WORST WEEK

DUCK DYNASTY FANS

Phil Robertson, the duck-calling, beard-sporting star of A&E's *Duck Dynasty*, didn't speak at the Capitol Center for the Arts last Saturday as planned, the Concord Monitor reported. Robertson was supposed to be a guest of Concord Christian Academy, but the appearance has been postponed until September because it couldn't generate enough ticket sales. Tickets to fill the 1,300-seat venue went on sale mid-February, and Headmaster Dean Whiteway wouldn't say how many had been sold. Whiteway booked Robertson because of his strong Christian message.

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The downtown winter challenge

The science and burden of the season’s intense winter weather

By Rebecca Fishow
rfishow@hippopress.com

This winter, stop-and-go snow and frigid temperatures have had southern New Hampshire residents vacillating between bunking down and bundling up to dig themselves out of their homes. The relentless winter weather has impacted downtown areas too, packing snowbanks up along roads, creating icy barriers to storefronts, and giving snow removal crews a run for their money.

“It’s a challenge,” said Will Stewart, vice president of economic development and advocacy for the Manchester Chamber of Commerce. “From snow and ice on sidewalks themselves to snowbanks that get piled up on sidewalks, you find yourself having to step into traffic. ... I climb over them myself on daily basis.”

Vortex + clipper = monster snowbanks

When it comes to cold and snow, “there’s been no breaks,” said Hometown Forecast Service’s Rob Carolan, who advises some of the state’s snow removal authorities. It’s a product of two weather phenomena joining forces: the Polar Vortex and the Alberta Clipper.

First, the infamous Polar Vortex: It’s a persistent, large-scale cyclone located near the North Pole. It has pushed below-normal temperatures into southern New Hampshire with a ferocious consistency that prevents the usual thawing. As a result, this February was about 4 degrees colder than normal.

“We’ve had colder winters, but the impressive thing about this winter is it’s been consistently cold,” Carolan said.

Factor that into a weather pattern called

Alberta Clipper, which swoops south and east from western Canada. It’s a fairly common storm system, normally only producing 2 to 3 inches of snow each time it passes near the region.

But because of the cold, there’s been a much larger volume of snow. It’s what meteorologists call an increase in the “fluffiness factor,” Carolan said. Normally, every inch of rain produces 10 inches of snow, but this winter, an inch of rain has been producing 20 to 30 inches of snow.

Since December, Concord has been pummeled with 72 inches of snow, while normal snowfall is 44.1 inches for an entire season. Nashua and Manchester have seen about the same. While total snowfall traditionally comes from Nor’easters, which dump the snow all at once and provide lots of time between them for cleanup, this winter Alberta Clippers have been the region’s main source of snow. That plus the fact that the snow isn’t thawing means the city’s snow removers have had their hands full.

Stalled downtown snow removal

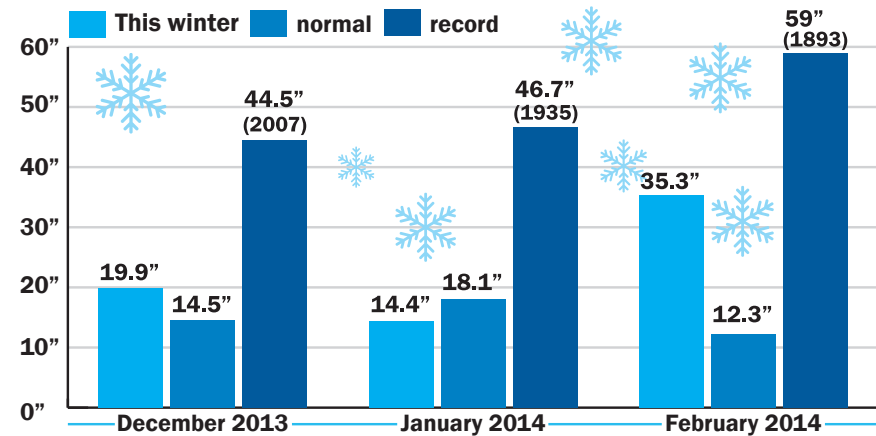
On a normal year, city officials have a snow maintenance strategy that more or less works. Their first priority is plowing major intersections and roads, which includes downtown areas. Then, they plow the other city streets. Once that’s done, the snow teams get back downtown and spend a few days clearing sidewalks and parking lots, and removing snow banks.

“We’ve had so many storms one right after another that cities are busy plowing the mains the whole time,” Carolan said. “They just aren’t getting a chance to go and clear out what we need to clear out.”

In Manchester, the Department of Public

Snowfall, by the numbers

How this winter’s snowfall in Concord compares to normal and record snowfall.



Source: Hometown Forecast Services

Works is responsible for both plowing and snow removal when the banks get too high, and though the department recognizes accessibility concerns of downtown store owners, the weather patterns have largely prevented its progress. For weeks any desire to remove the snow was squashed by storm after storm, said Kevin Sheppard, DPW director. His crews weren’t able to scoop up the towering snowbanks until Feb. 23.

“It certainly has been challenging, especially in the downtown area,” he said. “We hadn’t had the opportunity to pick up snow banks because of the weather.”

Nashua’s Street Department has run into similar problems.

“The challenges have been that we have had storms one right after another,” said Eric Ryder, superintendent of the Nashua Streets Department. “One of the toughest parts is making sure the crew gets adequate rest in between storms.”

Ryder said that this winter has been a learning experience, and he will sit down with his key personnel to brainstorm for next year.

The departments are also running short on funds. By the end of February, Manchester used just over its \$1.2 million snow removal budget. It looks internally to see if there are other areas it can take the money from, but if the department feels like money is going to be a problem in the next month it will notify the Board of Mayor and Aldermen to request more funds. Nashua has exhausted its \$1.3 million budget and has dipped into a \$302,000 trust fund.

Businesses bearing the brunt

Many downtown shop owners and employees said winter has been a much bigger burden this year than ever before.

“Basically, we are at the mercy of snow removal. We are at the mercy of the city,” said

Cheryl Scaramuzzi, store manager of Capital Craftsmen and Romance Jewelers in Concord. “[We are] constantly shoveling after snowstorms because it’s hard to have access to downtown. It has been brutally cold. If someone is shopping downtown, they have a purpose.”

Andrea Lessard, owner of Shop Estella in Manchester, said while February is a slow month for shopping anyway, the conditions have stunted traffic even more.

“Where I am, it’s hard for people parking on the street. I know the city plows a path out right next to the meters, but they could do more to make sidewalks a little bit more accessible,” Lessard said.

A thin path to the parking meter doesn’t always cut it, shop owners agreed.

“It’s been horrendous because [people] can’t get over the banks to pay,” Kathy Hamel, owner of With Heart and Hand Unique Gifts in Manchester, said in a phone interview. “A customer is in the shop right now ... and she is saying it’s a very big hassle.”

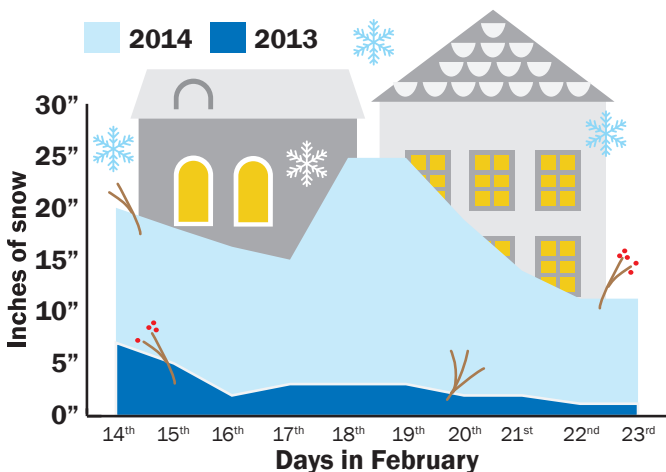
The below-average temperatures make it worse, because property and business owners sometimes park closer to their buildings — in the spots that would be otherwise used by shoppers, Hamel said.

“If everybody [who works] on Elm would try to leave spots for visitors and park on side streets, the vibrancy would just increase tenfold,” she said.

While most businesses did not report significantly reduced sales, Lucky Dog Thrift Shop in Nashua said it has been particularly hard hit. The store is the fundraising headquarters for Tails to Freedom, an organization that helps rescue animals in need. It donates all of its profits to the organization. This year, days of weather-related closure and a difficult downtown parking situation have resulted in diminished sales, and consequently less money for Tails to Freedom.

Snow that won’t go

As the winter progresses, snow falls and snow melts. This February, there was more snowfall but far less melting than last year. This graph shows the depth of snow on the ground in Manchester from Feb. 14 to Feb. 23.



Source: Old Farmer’s Almanac

“It’s absolutely affected our income and ability to help animals,” said Susan McMullen, office manager. “While we have continued to get numerous calls for help, and a lot have been emergencies, with the shop being closed the income and sales are not there to help offset the costs.”

Monster snowbanks can also make storefront advertising difficult, especially for the new businesses that tend to rely more heavily on foot traffic for clientele.

“In my case, I was just starting a new busi-

ness before the winter,” said Debra Woods, owner of Soul Fire Massage in Manchester. “If you were an established business you already have clientele. ... Something as simple as putting up signs is hard to do.”

Other downtown businesses noted that New Hampshire’s residents are of a hearty stock and try not to let snow slow them down.

“We had some people brave the storm in like 4 feet of snow and walk out with like \$4 worth of items,” said Chris Meyer, senior sales associate at Manchester’s Music and Art. 🌧️

Globes, the next generation

Local iGlobe revolutionizes spherical technology

By Rebecca Fishow
rfishow@hippopress.com

Worlds away from the old glossy globes that have sat in classrooms for decades, the iGlobe is seriously high-tech, a moving-image sphere that shows real-time images of Earth — and it’s being made right here in New Hampshire.

About 40 educators, students, and community members got a taste of the iGlobe when they visited the McAuliffe-Shepard Discovery Center in Concord on March 4. Produced in Franklin, the iGlobe is a large spherical screen (called a HyperGlobe), propped up on a base that can show any physical phenomenon from water temperature, weather fronts, precipitation and cloud cover to sea turtle migration, disease spread, crop growth, man-made disasters like oil spills, and even global Facebook and Wikipedia activity.

“It is just a fascinating device, and really, really impressive technology, so I’m delighted that it’s being produced in Franklin,” Franklin Mayor Ken Merrifield said. “I would think that almost any educational institution would love to have something like this, and as the technology proliferates, you can imagine having one of these in every classroom in America.”

Home-grown tech

For most of their lives, New Hampshire natives and brothers Matt and Marc Lally were armchair inventors. They were constantly thinking up ideas and then finding out they had already been invented.

Then one rainy February day in 2006 the Lally brothers were looking at the sky and wondering why it wasn’t colder and snowing, like it normally would be at that time of year.

“We were just talking about climate and jet stream and things like that, and we just said, ‘Well wouldn’t it be cool if we had a globe where you could actually see the weather as if you were an astronaut from space?’, and that’s just where it started,” Marc Lally said.



HyperGlobe. Photo by Rebecca Fishow.

Things moved swiftly after that. They came up with the technical solution quickly. A base unit projects special images either into the globe or onto a large inflatable dome, to create a planetarium. The iGlobe comes preloaded with real-time weather and *Science on a Sphere*® titles from NOAA and NASA. New content can be created using software such as Adobe After Effects.

The patent phase took longer than the solution phase, as did gearing up for a different career.

At the time, the brothers owned a furniture store in Maine. Marc Lally sold his house to help fund their ambition, and they moved back to New Hampshire, where it was cheaper to live.

Generating interest

Museums, science centers and planetariums were the first to catch on to the spheres (SEE Science Center in Manchester displays one). Because the cost is anywhere from \$30,000 to \$50,000, most schools can’t just put them on their shopping list, although a few private schools, including the Tilton School in New Hampshire, already have them.

At the presentation last week, teachers and students from private schools from across the Northeast filled the audience. iGlobe hoped to generate some interest for the product.

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While Vivian Paskowski, APRN, with Foundation Internal Medicine in Nashua (in photo), may not actually help you with your shopping, she will make getting to know you a priority.

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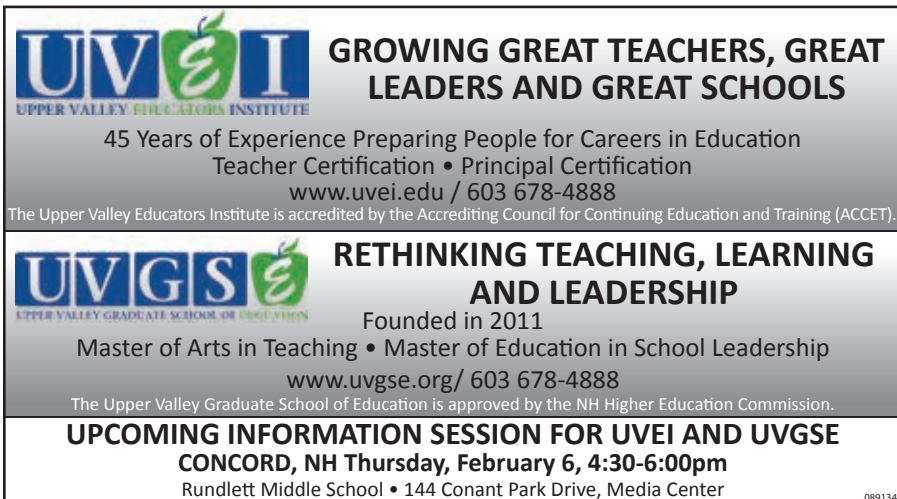
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The Health Profession Opportunity Project is an initiative of the NH Department of Health and Human Services Office of Minority Health and Refugee Affairs and is supported by Grant 90FX0003 from the Administration for Children and Families, U.S. Department of Health and Human Services (HHS). The project described is solely the responsibility of the authors and does not necessarily represent the official views of HHS.

A study funded by the federal government is being conducted to determine how these training opportunities help people to improve their skills and find better jobs. During the study, eligible applicants will be selected by lottery to receive healthcare training. Not all eligible individuals will be selected to participate.

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Students look at a HyperGlobe during a recent presentation at the McAuliffe-Shepard Discovery Center.

mission,” said Jane Meigs, conservation education coordinator of Millbrook School in Millbrook, N.Y. “We thought it was perfect for showing temperature change, sea level rise, changes in the ocean, changes in the atmosphere.”

Millbrook School recently purchased an iGlobe, and it’s being shipped to the private boarding school, where it will be used as a centerpiece in its zoo (yes, its zoo — it’s the only school in the U.S. with its own zoo) and for demonstrations for groups that visit.

Martha Price traveled from the Bement School, a junior boarding school in Deerfield, Mass., with two of her students.

“It was interesting and fascinating ... and I think it’s probably out of our budget in terms of purchasing, but I think it has some really interesting ideas,” Price said.

She mentioned that because her students are used to information being presented in a two-dimensional form, the globe was almost too much like a movie as opposed to a teaching tool.

“It’s partly because school is a little behind the times. ... We’re still two-dimensional because of finances and things like that,” Price said.

At the end of the presentation, Price’s students got a chance to play with the iPad that controls the globe, and that’s when they really connected to the technology.

“They had no trouble instantly manipulating to show what they wanted,” Price said. “Once they got to play with it they could then see the implications of it, and then it made a lot more sense.”

Price said that if there was no money involved, the biggest use for her would be to show them troubling environmental trends like global warming and things that humans can learn to control. The technology would also help teachers educate in a less rigid fashion, so lessons become more

exploration-based, and less lecture driven.

“It could be useful if they could improve it and make it cheaper for public use,” said Bement seventh-grader Neil Stark. “I liked the animation. That was pretty cool.”

iGlobe’s creators know their initial product can be too expensive for most schools, so they developed a smaller, desktop globe called iGlobe 3D that blends a flat iMac computer screen computer and a convex lens that creates a spherical effect. They cost about \$6,000.

“We started with the spheres, but they’re kind of pricy,” Marc Lally said. “With these smaller units, we’ve hit a price point where we can get into schools.”

Partnering for climate education

iGlobe recently partnered with Massachusetts Institute of Technology professors to educate students and the public about climate issues, and to go after a National Science Foundation grant.

The data MIT often wants to present can be complicated and difficult to understand in two-dimensions.

“It does help you see things [in three dimensions] sometimes. ... We hope to get one and use it in our classes,” said MIT Professor Glenn Flierl.

iGlobe has asked students and educators to help them make the product as smooth and user-friendly as possible. During the next couple months, students and educators can provide feedback through Facebook and video conferencing.

While schools aren’t required to buy equipment in order to participate, “obviously if you had a HyperGlobe at your school, you’d be able to give us feedback and download prototypes as we develop them,” iGlobe Chief Strategy Officer Bill Horn said. 🌐

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"The project described was supported by Funding Opportunity Number CA-NAV-13-001 from the U.S Department of Health and Human Services, Centers for Medicare & Medicaid Services." "The contents provided are solely the responsibility of the authors and do not necessarily represent the official views of HHS or any of its agencies."



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NEWS & NOTES Q&A

When it's payback time...

New NHHEAF program helps students pay off college loans

René Drouin is the president and CEO of the New Hampshire Higher Education Assistance Foundation, which helps the state's students, families and schools understand and access private college loans. On March 1, it launched its EDvestinU program, which offers students financial literacy support and a variety of manageable loan consolidation options. Drouin discusses NHHEAF's work and the state's college loan landscape.

Q: Tell me about NHHEAF.

We have three not-for-profits under one roof. They work in conjunction with each other to offer early-on awareness of college access. We start when children are born. We give out onesies to newborns at our hospitals. It basically starts parents thinking about saving for college when their children are born. When they graduate, or if they do not graduate, we constantly work with them throughout the payment structure. We established and started guaranteeing loans in 1962 ... so basically we are one-stop shopping for our students and parents. ... We don't have stockholders, we have stakeholders. And our stakeholders are our parents and and students.



René Drouin

How will EDvestinU help people with college loans?

Basically, it is a private student loan program. It does not supplant the federal program, it supplements it. We do very, very intense, upfront counseling with our students. We counsel them and we want them to consider all their avenues before they consolidate. ... [New Hampshire has] the highest debt rate in the country and we're trying to alleviate some of the problems when they get out of school. The program is not going to be for everybody — there will be credit criteria — but what we do look at is a very competitive rate. It is strictly nonprofit all the way through, from soup to nuts. We look at the benefits of consolidation for EDVestinU. We look at the possibility of lower repayment rates. It might increase their loans in the end, but we have a lot of post college people who are unemployed or underemployed.

What should students know about loan consolidating?

One of the areas we really look at is try-

Five favorites

Favorite food: Pizza

Favorite movie: I like true story movies. Is that a category?

Favorite kind of music: It has to be rock.

Favorite book: Probably *A Time to Kill* by John Grisham

Favorite thing about NH: Probably the change of seasons, as much as this winter's killing me. Also, all my family lives in New Hampshire.

ing to counsel our students on when to consolidate loans, because it can be confusing. Students come here with the notion that, as soon as we graduate, we should consolidate. We counsel them on the fact that you've got to look at all terms of loans you do have. For example, if you have a six-month grace period, you want to use that to your advantage. [Use] it to really look at what you have in debt before you make a decision. Because once you make that decision to consolidate that loan, you can't undo it.

People like to say "student loans are the easiest to pay off." Is it true?

Well, from a federal standpoint, if you take the federal loan, there are a lot of programs that have forgiveness situations with them. ... From our standpoint, when they say it's easy to pay off student loans, there's a lot of income-based repayment programs, and things you can do with organizations like us. But we have been seeing a lot of students, especially in 2013, with a high delinquency rate because of the economic situation we're seeing. ... It can be very confusing when you graduate, or if you don't graduate, when trying to figure out who you owe, or when the payment is due. I don't classify it as easy to repay. I think our students are really struggling right now, and it's our job to help them.

Are more students choosing less expensive higher education options?

Yes, definitely. We've seen a major impact on the community college level here. ... [Also], parents are getting more involved in the process, asking 'What do you want to do when grow up? What do you want to do when you graduate?' ... We are seeing more decisions being made by a cost standpoint.

If people would like to use your services, what should they do?

Our website [nhheaf.org] is a very good place to start.

— Rebecca Fishow

QUALITY OF LIFE INDEX

Maple sugaring: late but on its way

What true Granite Stater doesn't enjoy a trip to a sugar shack when the snow starts to melt? Beaver Meadow Brook Farm co-owner Barbara Lassonde told NHPR that the maple sugaring season has been stalled nearly a month thanks to bitter cold temperatures. Typically, sap runs during the last two weeks of February, but temperatures need to stay above freezing. Still, better late than never, and sugar houses throughout the state will still welcome the public for Maple Weekend on March 22 or March 23.

QOL score: +1

Comment: *The U.S. and Canada are the only two maple-syrup producing countries in the world. QOL's glad to live in this sweet region of the world.*

Something for nothing

Each year, nearly 1 in 9 New Hampshire residents have nothing to eat, and that includes 42,069 children. To combat that, The Citizens Bank Foundation is underwriting a campaign to sell cans of "Nothing" for \$5 at grocery stores throughout the state. Residents are encouraged to purchase them at Hannaford, Shaw's, Harvest Market, Jiffy Mart and Market Basket locations. All proceeds go to the New Hampshire Food Bank to buy meals for the hungry.

QOL score: +2

Comment: The Citizens Bank Foundation will match all donations up to \$25,000.

Goodbye to 225 Staples

Last week, Staples announced it's closing as many as 225 stores before the end of 2014, according to Bloomberg News. Cutting off as much as 12 percent of its North American stores — \$500 million in costs — is partly due to online competition that continues to hurt sales. Fourth-quarter sales at stores fell 7 percent, while staples.com sales gained 10 percent, the company said. Staples also shut down 42 stores in North America last year, ending with 1,846 in the region, according to the article.

QOL Score: -1

Comment: *This could be bad news for Staples workers in New Hampshire; the chain currently operates 28 locations in the state, but there's no word yet as to how many, if any, will shut down here.*

Hooray for light!

Is anyone else as excited as QOL for one more hour of light after work? Daylight savings last weekend means more light-filled commutes home, more after-work runs (well, when it gets warmer) and a better mood in general for QOL. Fewer things are less motivating than leaving work in total darkness.

QOL Score: +1

Comment: *Maybe, just maybe, this winter might finally make way for a warm, green spring.*

QOL score: 57

Net change: +5

QOL this week: 62

What's affecting your Quality of Life here in New Hampshire? Let us know at news@hippopress.com.

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SPORTS DAVE LONG'S LONGSHOTS



News Item: Asterisk for A-Rod Records:

Lou Gehrig only came out of the line-up after 2,130 straight games because of a fatal illness, while A-Rod got his extra muscle out of a syringe. Yet after passing Gehrig's 23 last summer he remains the grand slam record holder. The steroid era has left everything murky and guys are not getting into the Hall on suspicion rather than proof — which I'm against. But if you unequivocally get caught, you should not hold any record. The cheaters got to keep the money, wins and World Series titles, but they didn't earn those records on an even playing field and that's not right.

News Item: What Do Grades Have To Do With It?

You've got to love the latest high school sports "scandal." It comes from Chicago, where Curie Metropolitan's ranked-second-in-the-nation basketball team recently had to forfeit all its games because *seven* players on the 12-man squad were academically ineligible. Coach **Michael Oliver** has been suspended, but that's not the real story, nor is, sad as it may be, that an inner-city school could have a situation like that. It's actually what a joke college basketball is, even at places looked on as "elite" academic institution. If your GPA is below 2.0 you're doing D work at best, academically ineligible and categorized a "non-predictor" for college athletics. All of which is generally a prescription for not getting into any academically competitive college. But apparently that's not the case for the Harvard of the south, as one of the young men, **Jahlil Okafor**, is headed to Duke next year despite his academic record. At least he was until the national publicity hit the fan. More likely it's off to prep-school or the D-League now. But how in the name of **John Wooden** does a kid with a D average get on the radar on one of the most selective schools in the country? Answer: Money runs big-time sports and winning leads to more green.

Kardashians' impact on sports

News Item: Guess That Means UNC (makes) too

Guess that partially explains how a recent research study by reading specialist **Mary Willingham** found that 60 percent of 183 football or basketball players at North Carolina between 2004 and 2012 had reading levels between fourth and eighth grade. And why the university-funded study was put on hold by Chancellor **Carol Folt** after a CNN story revealed those numbers in January.

News Item: Carroll Rebounds in a Big Way

It seems **Pete Carroll** has redeemed himself in these parts, for the step back the Pats took under him, and for beating it out of Dodge ahead of the NCAA posse. He got 60 percent of 165,000 votes cast in a recent ESPN.com poll asking who you'd rather have as your coach, Petey or **Jim Harbaugh**. Carroll lost only in Indiana, and it was 55-45 in New Hampshire, 61-19 in Massachusetts and 55-45 in Harbaugh's home state, though it should be noted Carroll did coach at USC. Still, considering Harbaugh's stature, the size of the thumping is surprising.

News Item: Richard Sherman a Social Pioneer?

Also loved how ESPN New York columnist **Ian O'Connor** tried to make Seattle DB **Richard Sherman** into a social pioneer waging war on stereotyping black men in his latest 2+3=17 column during the Super Bowl run-up. Of course, the Globe's **Chris Gaspar** almost made Sherman out to sound like **Gandhi**, so O'Connor wasn't alone. Sorry, fellas, but like **Dennis Rodman**, **John Rocker** and **Brian Bosworth** before him, he's simply the latest in the long line of publicity-seeking buffoons trying to cash in by being "outrageous" — who then whine when blowback becomes too much to stand. It wasn't just the post-NFC title game hoo-ha; he got in **Tom Brady's** face walking off the field last year, and has an infantile "I'm better than you" Twitter battle going with **Darrelle Revis**. It's a pattern. Sherman doesn't like be called a thug and maybe he's not, but since he says everything is "a

plan," that means it's premeditated and thus he brought it all on himself — so live with it, pal.

News Item: Athletes Advised to Stay Away from Kardashian Women

Fans of *Star Trek: The Next Generation* know the Cardassians were enemies of Earth but had nothing on the Borg, who wanted to assimilate all humanity into their collective. In sports it's the opposite. The great '70s tennis star **Bjorn Borg** was a tremendous but unassuming player, while the reality TV Kardashian clan has run roughshod over men in sports. The mom's first husband, **Robert**, was **O.J. Simpson's** best friend and on the defense team in the trial of the century. She admits cheating on him and the rumor mill says it may have been with O.J. himself. The homely one, **Khloe**, has seen her marriage to NBA rocket scientist **Lamar Odom** crumble. Not sure if it's the result of Lamar going on the widely reported two-year crack-cocaine binge or if marrying into a family of pathological publicity-seekers drove him to that binge. And then there's the star: **Kim**. First she went out with **Reggie Bush** when he was BMOC at USC — who later had his Heisman Trophy win annulled. Soon after that, MTV paid her \$15 million to televise her wedding to now Celtic **Kris Humphries**. Then sadly the gullible Humphries and the vapid souls who watched were, as **Captain Renault** said in *Casablanca*, shocked, *shocked!*, when the marriage broke up 30 days later. And the latest is the break-up of mom and Hubby No. 2, **Bruce Jenner**. While I'm betting it's a publicity stunt, if the checkout counter tabloids are to be believed, the 1976 Olympic gold medal decathlon champ is taking it hard, as one headline screamed "Bruce WANTS TO BECOME A WOMAN." Yikes! So athletes be warned, stay away — even the predatory Borg Collective was easier on humanity than the man-devouring earthling Kardashian clan has been on guys in sports.

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Locals top seeds

The Big Story: Monday night was quite a night in Durham, as thanks to a stifling defense that held Trinity star Carmen Giampetruzzi to just two points all night Merrimack moved on to Saturday's Final with a 58-48 win in Game 1. Manchester Central did as well, but not before surviving a 99-91 double OT decision over 12 seeded Memorial in a game featuring 30 point scorers in Joey Martin (36) and Trevon Maughn (30) and saw Kabongo Ngalakulondi and Nick Philibert keep Memorial alive with made shots at the end of regulation and the first OT. The results has Central trying to complete and undefeated against the team that gave them their biggest scare until Monday night. Game time is noon at the U.

Sports 101: Which Red Sox hitter holds the franchise record for most career strikeouts?

Hot Ticket: It's the NHIAA State Ice Hockey Finals on Saturday at the world famous Verizon Wireless Arena. The action kicks off at 10 a.m. with the girls' finals, which are followed by boys with the D-III at 12:15 p.m., D-II at 2:30 p.m. and D-I at 4:30 p.m.

Who's Hot: Hat tricks were the rage in the first two rounds of the NHIAA Ice Hockey

State Tournament. One was recorded by **Mark Feeney** in Merrimack's convincing 6-1 opening-round win over Kingswood. Then on Saturday **Harrison Voloshin** had one when Bedford beat Lebanon by the same 6-1 score and **Devon Sprague** had another when Central eliminated Trinity 6-2.

Alumni News: Nashua's **Kelsey Hogan** has been named America East First Team All-Star. The UNH senior earned the distinction after being a three-time captain and having a final season when she averaged 12.4 points and 3.2 assists a game while shooting 36 percent on threes and 81.4 percent from the free-throw line.

Sports 101 Answer: With 1,643, **Dwight Evans** is the Sox' all-time leader in strikeouts. **Jim Rice** is second with 1,432.

On This Date – March 13: 1915 – Dodgers manager **Wilbert Robinson** tries to catch a baseball dropped from an airplane, but the pilot substitutes a grapefruit and he still drops it. **Born: 1886** – **John "Home Run" Baker**, Hall of Famer from the early days of baseball who actually never hit more than 12 in a season. **Died:** No one. ☹️

The Numbers

2 – upsets recorded by 12th-seed Memorial in the NHIAA Basketball Tournament. They came in 69-59 and 68-64 wins over Bishop Guertin and Londonderry respectively as **Trevon Maughn** was high man twice with 20 and 32 points.

12 – times **Amanda Torres** has cracked the 20-points-in-a-game barrier after going for 22 in Trinity's 60-46 upset of Memorial to

move on to a Round II meeting with undefeated and untied Bedford.

15 – game points from Molly McQueeney as 10th-seeded Goffstown knocked off 7-seed Portsmouth 43-35.

24 – points by **Carmen Giampetruzzi** in his final home appearance at Trinity in a 50-45 second-round win over Bedford in the Division I State Basketball Tournament.

57 – margin of victory for the Londonderry girls in

their 82-25 opening-round win over Exeter in the State Tournament to serve notice that with **Aliza Simpson**, who had 17 points, 8 assists and 6 seals, healthy they are a force to be reckoned with going forward.

76 – points of the 82 scored by Central that were scored by the trio of **Brett Hanson** (33), **Jon Martin** (23) and **Joey Martin** (20) in the team's Round II 82-61 win over Exeter. ☹️

Sports Glossary

The Borg: Hostile half man, half machine life form from the other side of the galaxy bent on total domination through assimilation of all species encountered in *Star Trek: The Next Generation*. Made *Star Trek* debut in possibly the greatest season-ending cliffhanger since "Who Shot JR?" when in the Season 3 (1990) finale, **Captain Jean Luc Picard** is captured and assimilated by the Borg and in the final line says "Resistance is fu-tile." He then is rescued to start Season 4.

John Rocker: IQ-challenged closer mostly with Atlanta in the late 1990s. After one decent publicity-seeking year in Atlanta, it hit the fan after a famous bigoted rant in SI, and he never recovered. Soon on the move to Cleveland, Texas and Tampa, where it ended with an overall mark of 13-22, 3.42 ERA and 88 saves. And, oh yeah, he was a juicer too.

Captain Renault: Ethically challenged and malleable chief of police in Casablanca in the great film of the same name, who cozies up to the Nazis one minute and does favors for Victor Laszlo (Paul Henreid) and Rick Blaine (Humphrey Bogart) the next. In that spirit, he shuts down Rick's Café at the behest of the Gestapo captain after his German comrades lose a shout-down of national anthems to Laszlo and others, because he's shocked — *shocked!* — to find there is gambling going on at Rick's, right before his winnings are delivered to him. He's played by **Claude Rains**, who, by the way, is buried in Moultonborough, N.H., of all places. ☹️

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Knock out your fears

Clowns are your friends. Public speaking won't kill you. Failure is normal and inevitable. Being high off the ground generally isn't dangerous. Yet for many people, at least one of these things — or maybe something else, like spiders or dogs or the Stay Puft Marshmallow Man — triggers sweaty palms and a racing heart. But why are we so afraid, and what can we do to get over it? Kelly Sennott went to an all-clown meeting to find out why these jokers get such a bad rap (thanks, Stephen King) and what they're doing to make clowning more fun and less fearful. Emelia Attridge challenged her own fear of heights by scaling a rock wall. Kaitlin Joseph talked to psychologists and toastmasters about why so many people are afraid of public speaking and how to overcome it. Finally, Rebecca Fishow delved into the more intangible — but very real — fear of failure.



No laughing matter

Clowns just want to have fun

By Kelly Sennott
ksennott@hippopress.com

Yes, clowns.

Fear of clowns *is* a real thing, and there's even a word for it: coulrophobia. Maybe it doesn't hold the same weight as, say, glossophobia (fear of public speaking), atychiphobia (fear of failure), acrophobia (fear of heights) or arachnophobia (fear of spiders), which are more likely to affect

your everyday life.

But for lots of kids and even some adults, coulrophobia is a very real fear. In fact, in Britain, it's the third-most common phobia, according to National Public Radio. That news prompted John Lawson's Circus in the U.K. to offer pre-show "clownsealing," allowing people to meet the clowns pre-makeup and then watch the transformation process.

Some of this coulrophobia can be attributed to Stephen King's *It*, Heath Ledger's

Joker portrayal and the real-life scary clown, serial killer John Wayne Gacy — but it's just as likely that sufferers of coulrophobia have simply been around too many terrible clowns.

After all, being a good clown — that is, a clown that kids and adults enjoy being around — takes lots of practice, say Granite State Clowns members. The organization, which consists of about 15 people who love to clown, meets every month at the Nashua YMCA to talk about upcom-

ing events, develop alter egos and prevent beginner clowns from making common rookie mistakes.

At the meeting, GSC president Barbara Foristall recalled her first clowning attempt.

"When my daughter was 2 years old, I dressed up as a clown for her. I put on my mother's plaid blazer, a big bow tie and the scariest face you can imagine," Foristall said.

The face, white with black lines coming



Granite State Clowns before makeup. Courtesy photo.



Granite State Clowns after makeup. Courtesy photo.

down from her eyes, wasn't supposed be scary. When she knocked on the front door wearing her clown attire, she wanted to get a laugh from her daughter.

Needless to say, that didn't happen. "You learn pretty quickly what that kind of makeup does!" Foristall said.

Foristall has been a clown for 27 years now. Her alter egos are Cracker Jacks the Clown, who sports bright orange hair, primary-colored clothing and massive freckles, and Maggie May the Bag Lady, an old, raggedy woman who accessorizes with a musty floral hat and gray feather duster.

Years ago, coulrophobia was a bit more common and understandable; in some cases, clowns really could be scary, and not just in the movies.

"Clowns used to squirt you with water. They'd jump up from behind and scare you," Foristall said.

In the beginning, clowns were also considered adult entertainment. The old-fashioned get-ups featured grotesque white makeup with big, exaggerated features so you could see the details from the back row of the circus ring.

But for working clowns today, that's all wrong. The Granite State Clowns prefer Auguste makeup — a bit of color, a bit of white, but more flesh tones than old-fashioned scary clowns. This style is less harsh and more approachable, especially for children.

Three-year-olds, Foristall said, are generally the kids who will be most afraid because they're still learning to distinguish reality and fantasy. Good, experienced clowns should be trained to know how to approach frightened children — namely, they don't.

"You never approach a child who's scared. You let them come to you," said Claire Marcott, i.e., Cheerio the clown. Her clowning specialty is balloons, and in her

retirement, she travels across the globe to clowning conventions.

"There's not one of us in the club who has a scary face. It's very rare that a child has not eventually approached me," Marcott said.

But perhaps one of the best ways to overcome your fear of clowns, an example taken from John Lawson's Circus, is to meet clowners without makeup, to talk about why they enjoy clowning so much, and to see the real people behind the big red noses and floppy feet.

"It gives them the opportunity to be kids again, but we get as much out of it as people get out of us," said Alan Flag, better known in the clowning community as Alley Oop the Clown. He likes making people laugh. "Actually," he added, "We get more out of it."

Pam Bridge, whose clowning character is named Lollipop, started clowning for her many young nieces and nephews. She was surprised to find a passion for the art.

"I was extremely shy. Clowning brought me out of hiding," Bridge said.

Clown school for kids

Here's one way for kids to overcome a fear of clowns: Attend the free clown school that Granite State Clowns is hosting at the Amherst Library starting at the end of May. The school, open to all kids 8 and older (though children younger than 12 must be chaperoned by an adult while at the library), is limited to 10 participants who will learn costuming, make-up, comic movement, balloon twisting, silly magic and puppetry. The school is in response to a shortage of clowns. According to representatives from World Clown Association and Clowns of America International, there are fewer young people going into the industry, so the members hope the school will not only dispel the fear but encourage the art form again.

Rock climbing high

Challenging your fear of heights

By Emelia Attridge
eattridge@hippopress.com

I think most people's palms would start sweating 15 feet in the air, hanging onto a wall with colored "rocks" dotting a faux boulder. Mine certainly did when Vertical Dreams manager and climbing guide Lee Hansche had me scaling the indoor climbing wall in the Manchester facility.

Hansche said he encounters climbers on a regular basis who find themselves feeling a little panicky — even indoors, where the risks are low.

"I have a lot of people who specifically come in and say they came here because they are afraid of heights and they want to get over



Emelia Attridge (left) gets ready to climb the rock wall with some help from guide Lee Hansche (right) at Vertical Dreams in Manchester.

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Kids fearlessly climb up the elevator shaft at Vertical Dreams in Manchester. Courtesy photo.

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it,” he said. “What I find is that experience is really the thing that gets people past that [fear]. The more times you lean back expecting to fall to your doom and you don’t, it just starts sending this message to your brain that changes that.”

Today, recreational activities like ropes courses and rock climbing walls are so safe, you feel a little ridiculous for being scared 10 feet off the ground. The equipment and safety features prevent injury and falling, but some climbers can’t escape their nerves.

“Usually when people are terrified, they just don’t do it anymore, but there are people that have a strong will that keep on pushing,” Hansche said. “Anybody who has a certain fear of heights has a threshold, whether that’s 5 feet off the ground, sometimes it’s 20 feet off the ground. But it’s funny, when you watch this person climb throughout the day ... they’ll make it to the same point on each wall, and they’ll say ... that they can’t do. If you look around the room, all those spots where they had trouble are all at the same height. And they won’t know, they won’t be measuring, but there’s this internal trigger that says, ‘Oh, this is it,’ and then they convince themselves they can’t go any higher.”

Discover your threshold

“What I always tell people who say they’re afraid of heights is, start from the bottom and do what you can. The other thing I always go to is, ‘Just one move,’” Hansche said when I asked him how he handles climbers who have hit their threshold. “I have a good bedside manner ... a cliff-side manner, we’ll call it. ... I say a guide walks a thin line between being a coach and a therapist, because there’s something that they need to work through in order to continue.”

“One more move” doesn’t seem that bad when you’re on the ground. Hansche had me try two different climbing courses. The first was a beginner’s climb. I started to feel nervous but excited mid-way up the wall. I was moving fast, too — probably trying to get it over with. When I nearly reached the top, I thought I was done, but Hansche hollered up and told me to grab on to the last hold marked in an “x” with purple duct tape.

I did it, but the second climb was more challenging, and “one more move” was easier said than done. But with Hansche’s encouragement, I kept reaching for that next faux-rock.

Hansche recommends to note which hold you get “stuck on,” when reaching that mental threshold. Once you’re down on the ground, look up and find a distinct hold just beyond it.

“Make your goal touching that hold. If you always think about the top, and how scary it is to consider going to the top, then you’re going to try and take a much bigger leap than you can handle,” he said.

And I fell. The fall itself wasn’t scary, because logically I knew that, safely strapped into my harness, I wouldn’t fall to the ground.

Maybe I didn’t conquer my fear in one day (and I’m certainly not ready for the 70-foot climb up the elevator shaft), but it was fun and thrilling. It also helps to have a patient belayer and guide.

“You might have a fear of pushing yourself physically, which I do work people through as well,” Hansche said. “In the elevator shaft, we have holes in there that most people who are fit should be able to do. ... It’s just a mental block. ... You might be afraid to try something and fail — I get that from people a lot.”

“I have a lot of people who come in ... because they are afraid of heights and they want to get over it.”

LEE HANSCHÉ

All eyes on you

How to speak in public without wanting to die

By Kaitlin Joseph
kjoseph@hippopress.com

You're shaking. You're starting to sweat. You're talking too fast. You'd rather be anywhere but here.

For many of us, this is what it's like to speak in public.

The fear of public speaking affects roughly 75 percent of the population. That's 15 percent more than the fear of death, said Kyle Keldsen, vice president of public relations for the Nashua Merrimasters Toastmasters Club, who referred to a recent poll by the National Institute of Mental Health.

Whether you're being forced against your will to speak publicly — for your job, say — or you just want to face your fear, a Toastmasters club is a good place to start (and there are plenty — go to toastmasters.org to find a local club).

"The fact that [someone] even shows up says they are willing to try and conquer their fear," Keldsen said. "Our approach is to try and create a safe environment where everyone can choose to talk, but the conundrum to that is some people might decide not to speak or not to come back."

The club, which meets every first and third Wednesday at the Nashua Public Library, welcomes visitors all the time. People are allowed to visit as many times as they like until they're comfortable enough to join, Keldsen said.

The meetings consist of what are called "table topics," when everyone presents a one- or two-minute speech. If even that sounds terrifying, the club also provides mentors to those who have just joined.

"I think you need to take your mind off what you're doing and see it as ... just sharing with people. It's just changing your mindset," Keldsen said.

What's this fear all about?

"It's a natural part of our body to react," Keldsen said. "Humans have a fight-or-flight instinct in them, and when you put them in a situation where they can't do that and it's uncomfortable, they're going to respond [with fear] since they can't run from it or fight it."

Jessica Schwartz, a therapist in Nashua, said that anxiety can range from mild or



Speakers at the Nashua Merrimasters Toastmasters Club at the Nashua Public Library. Courtesy photo.

moderate to severe.

"Anxious feelings are normal within certain limits. It becomes a problem when anxiety escalates to the point that an individual is experiencing symptoms that are increasingly uncomfortable. These symptoms can include shortness of breath, heart palpitations and racing thoughts; then you need to look at what that fear is really about," Schwartz said.

Schwartz said that for a moderate to severe fear of public speaking, beginning therapy with a mental health professional can be beneficial.

"There could be a connection to one's past that triggers this level of anxiety, such as having been harshly judged or criticized," Schwartz said.

Dr. Bill Flynn, a licensed psychologist and executive director of Merrimack Valley Counseling Association, said fear of public speaking might stem from low self-esteem or low confidence.

"If you have low confidence, you are

more prone to make mistakes, and that leads to anxiety when you're speaking, which impacts your train of thought and your ability to process and remember what you are saying," Flynn said. "When you have anxiety, it short circuits your memory."

Speaking to a room full of strangers can make anxiety-prone people even more nervous, Schwartz said. Not getting a response from a collective audience can be disarming.

"An audience is passive, not responding to the speaker," she said. "In a conversation, the other engager is often nodding or agreeing, which lets us know that we aren't alone."

“*You need to practice deep breathing and relaxation. It will help with tension before you speak.*”

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Speakers at the Nashua Merrimasters Toastmasters Club at the Nashua Public Library. Courtesy photo.

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Take a deep breath

Schwartz said one of the ways she handles a person's fear of public speaking is teaching a three-step relaxation technique that involves breath work, a progressive muscle tense and release and visualization. This helps to decrease anxiety, lower heart rate and blood pressure and calm racing thoughts, she said.

Flynn encourages using relaxation techniques as well.

"You need to practice deep breathing and relaxation. It will help with tension before you speak. You can also use mental imagery to help with the stress," Flynn said. "If you're on stage, try connecting with a member of the audience who seems to be impressed by what you're saying. It

will boost your confidence."

Keldsen agrees that a big part of overcoming the fear is accepting yourself and the fact that you have value and something worth saying.

"I think with most people, they need to accept that we can't be open to all people, and that needs to be relieving. We need to tolerate that people aren't always receptive to us and not fear it," Schwartz said.

If deep breathing and trying to boost your confidence aren't helping, you might need help from a professional, Schwartz said.

"When it's no longer mild performance anxiety and it becomes a disabling fear, that's when you need to work on the dynamics that underlie the fear and eventually heal from past issues," she said.

Winning at failing

Advice for kicking the fear of failure

By Rebecca Fishow
rfishow@hippopress.com

Failure is invisible. It doesn't have a face, like a clown, or a hundred faces, like a crowd.

"It's one of the more challenging fears to pick up on," said Beth Gagnon, LICSW, founder of Partners in Family Wellness in Salem. "You can't always recognize the trigger. You can be 40 before you realize, oh that's what's happening."

Most everybody experiences a fear of failure at some point in their lives, from making the grade to starting a business to kicking a winning goal. That's to be expected. But when a fear of failure gets serious enough, it shifts from being a positive motivator to a debilitating road block.

Before a fear of failure reaches unhealthy





levels, small, attainable steps can be taken to build confidence, see things realistically and stress less.

Get comfortable with negative feelings

Naturally, failing doesn't feel too good. But the pain it causes is a normal human emotion. People who have a fear of failure are devoted to avoiding the emotional pain tied to lack of success, Gagnon said, and learning to tolerate difficult emotions is a huge help in trying to overcome a fear of failure.

"We can't achieve perfectionism," she said. "We are sometimes going to have challenges that exceed us, and just accepting that from the beginning is important."

One way to begin to accept the negative feelings tied with failure is simply to fail. Actually failing at something may show you that while it is painful being unsuccessful, it's probably not as bad as you think.

"Any fear disorder comes down to difficulty tolerating the feeling, so the more that you do to tolerate negative feelings and accept them, the better. It's a mindfulness model," Gagnon said.

Recognize success (and set small goals)

Perfectionists often have difficulty recognizing their successes because they're focused on obtaining large achievements, Gagnon said. But every great achievement consists of smaller ones we ought to

“... the more that you do to tolerate negative feelings and accept them, the better.”

BETH GAGNON

pat ourselves on the back for.

"If you're looking at something from a perfectionist viewpoint, you might never see you have been successful. I think it's different for everybody," she said.

An inability to recognize small achievements can sometimes prevent

people who suffer from fear of failure from pursuing their dreams in the first place, because the road from point A to point B seems overwhelming.

"If you're ever going to be a famous violinist, you need to learn to play the violin," Gagnon said.

So instead of fostering negative thoughts of potential failure to reach that ultimate goal, visualize doing the best you can at the level you are at.

Fight fear

Here are some of Ken Snow's basic tips to help you become less fearful of failure.

- Take a deep breath
- Ask others to help
- Talk things out
- Visual a peaceful scene
- Confront realistic goals
- Remember that time heals
- Stretch often
- Learn to say no
- Walk often
- Remember your triumphs
- If you're overwhelmed, focus on one thing that's doable and achieve it. It'll give you confidence

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Be realistic

As a society, we're bombarded with the message that we can be so much better than we are, Gagnon said. The media tells us that our teeth aren't white enough, we're not skinny enough, we need the best clothes, we have to get great grades on the SATs, we need to have a high-paying job — the list of demands goes on and on. People who have a fear of failure can be more susceptible to the negative consequences of these messages.

"We all are dealing with external pressures, but not everyone turns into perfectionists," Gagnon said.

Instead of comparing your achievements to others', focus on the levels of effort you are putting into meeting your own goals and on doing your best.

"If you go into it and you say, 'I have to get all As,' well, maybe you're going to get an A in English and maybe a B+ in math," Gagnon said. "I'd rather my son say he put his best effort forth than not. Somebody could get an A and have not worked hard at all. ... Focus on doing 100 percent for you."

Being realistic also means being able to identify which goals are attainable and which are not. People who are more realistic in setting goals are less likely to have a fear of

failure, said Ken Snow, a social worker and vice president of community relations at the Mental Health Centers. In order to assess how achievable a goal is, Snow suggests doing an assessment of your own capabilities, as well as taking an inventory of the supports and resources that are available to you.

Seek treatment

Everybody experiences fear of failure at some point or another, and stress is a normal part of everybody's life. It comes about when we're confronted with a difficult situation and let's us know we need to make adjustments, said Snow. But prolonged stress causes people to exceed coping thresholds, and that can result in distress that is physically harmful.

If the approaches described above seem overwhelming, or they just aren't doing the trick and you are beginning to experience physical symptoms, it may be time to seek professional help. Reach out if you are experiencing difficulty eating or sleeping, if your relationships are beginning to be impaired or if you notice you are continually not meeting your potential due to being overwhelmed by your fear. 🐍

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Top 10 fears according to the National Institute of Mental Health

- Fear of public speaking – Glossophobia
- Fear of death – Necrophobia
- Fear of spiders – Arachnophobia
- Fear of darkness – Achluophobia, Scotophobia or Myctophobia
- Fear of heights – Acrophobia
- Fear of people or social situations – Sociophobia
- Fear of flying – Aerophobia
- Fear of confined spaces – Claustrophobia
- Fear of open spaces – Agoraphobia
- Fear of thunder and lightning – Brontophobia

Top 10 fears according to an unscientific analysis of online searches

Based on data from Bill Tancer, author of the 2008 book Click, who derived his list from analyzing the most frequent online searches that used the phrase "fear of."

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July 21	Legopalooza: Robotics Revolution (morning or full day)	Cooking Classics with Chef Shelly
July 28	Minecraft Mania (full day)	Authors in Training with Layne Amity
Aug 4	Minecraft Mastercrafters (full day)	—OR—Excursion Camp (full day)



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THIS WEEK

EVENTS TO CHECK OUT MARCH 13 - 19, 2014, AND BEYOND



Thursday, March 13
Get the St. Patrick's Day fun started with the Makem and Spain Brothers, the band of Irish folk musicians who are performing tonight at 8 p.m. at the Tupelo Music Hall (2 Young Road in Londonderry, tupelohalllondonderry.com, 437-5100). Tickets cost \$25. Find more Irish-themed happenings in the Nite section, which starts on page 58.



Friday, March 14
Boston comedian Lenny Clarke (who played Uncle Teddy on FX's *Rescue Me*) will perform tonight at 7 p.m. at the Palace Theatre (80 Hanover St. in Manchester, 668-5588, palacetheatre.org). Tickets cost \$29.50.



Saturday, March 15
Inspire the would-be mermaid in your family at the Catalinas girls synchronized swimming team's free synchronized swim show on Saturday, March 15, from 1 to 3 p.m. at the YMCA of Downtown Manchester (30 Mechanic St. in Manchester, 623-3558, graniteymca.org).



Saturday, March 15
Do you sing "Master of the House" in the shower? Today is your chance to break out the *Les Miserables* songbook in public without getting funny looks. Red River Theatres (11 S. Main St. in Concord, redrivertheatres.org, 224-4600) is presenting a sing-along screening of the 2012 film tonight at 6 p.m. The evening will include trivia, a costume judging, wine and cheese tasting and more. Tickets cost \$15.



Tuesday, March 18
Get earworms "Don't Stop Believin'" and "We Built This City" stuck in your head at a live production of the musical *Rock of Ages* tonight at 7:30 p.m. at the Capitol Center for the Arts (44 S. Main St. in Concord, 225-1111, ccanh.com). Tickets cost \$35 to \$85.

Eat
More St. Patrick's Day celebration: Head to The Cozy Tea Cart (104 Route 13, Brookline, 249-9111, thecozyteacart.com)

Drink
Don't have the time for travel? Get a taste of Italy for a mere \$40 on Thursday, March 13, from 6:30 to 8:30 p.m. at WineNot Boutique (170 Main St., Nashua, 204-5569, winenotboutique.com) at a class focusing on the wines of Italy. Or, if you're more of a New World fan, focus on the wines of North and South America on Thursday, March 20, from 6:30 to 8:30 p.m. Each class costs \$40.

Be Merry
Get in touch with the blues at the Blues Summit, a show featuring the Robert Cray Band, Jon Butcher and MB Padfield, on Thursday, March 20, at 7:30 p.m. at the Capitol Center for the Arts (44 S. Main St. in Concord, 225-1111, ccanh.com). The show is a part of the Concerts for the Cause series to benefit the Child and Family Services. Tickets cost \$27 and \$40. Go to cfsnh.org or call 518-4156 to get VIP tickets, which cost \$75 and include priority seats, a VIP reception and an exclusive musical performance.

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Philosophical furniture

NH Furniture Masters present “Schools of Thought”

By Kelly Sennott
ksennott@hippopress.com

You can’t always tell where an artist studied based on his work, particularly if it’s been a while since school; artists are constantly growing, changing, evolving and adapting to new styles and new ideas.

But talk to a furniture maker about his artistic processes, inspirations and philosophies, and you might find it easier to pinpoint his beginnings. On view at the New Hampshire Furniture Masters’ Gallery in Concord from March 14 through May 30 is “Schools of Thought I: College of the Redwoods.” It’s the first of three in a series of exhibitions about how furniture masters were influenced by their studies.

New Hampshire furniture masters John Cameron, Tim Coleman and Sam Norris, along with Brian Newell of Fort Bragg, Calif., all studied at the College of Redwoods in California. For this exhibition, they will show pieces alongside reflections and notes about how the college molded them as artists.

Coleman became interested in the school because of its founder, legendary cabinet maker Jim Krenov, who died in 2009. Coleman grew up on the East Coast and moved to Seattle in the mid-1980s, just for a bit of adventure. While he was there, a handmade furniture scene was beginning to spread.

“Shortly after discovering that scene there, Jim Krenov presented a lecture about the College of the Redwoods in Seattle,”

“Schools of Thought I: College of the Redwoods”

Where: Furniture Masters’ Gallery, 49 S. Main St., Concord

When: On view March 14 through May 30; there’s an opening reception on Friday, April 4, from 5 to 7 p.m.

Contact: furnituremasters.org



“Neptune” by John Cameron. Bill Truslow photo.

Coleman said in a phone interview.

Krenov was so captivating, Coleman said, that after the lecture, he sought apprenticeships and took a summer course at the school before applying and getting in during the 1987-1988 school year.

Here, he learned about how use of materials could inform the work.

“Wood was a holy commodity at the college. The wood storage room was like a temple, stacked to the rafters with thick slabs from around the globe: Swiss pear, douglas, cypress, East Indian rosewood, French walnut,” Coleman wrote in his exhibition reflection. “Students were taught to pay close attention to all the properties of the material — texture, density, shifts in color, grain patterns — and to make wise choices in each product.”

His pieces — “Key to My Heart,” “Tall Table” and “Summer” — were all ones that he felt fit with the context of the exhibition. Two of the pieces are cabinets, which are what Krenov is most known for, but each of their designs is also intricate, with patterns that complement the wood’s natural grains, texture and color.

For Coleman, the most influential aspect of the school was in simply watching Krenov work, navigating through a piece like a puzzle, fully immersed in the creative process. He never talked about designing a piece, Coleman said, but rather, Krenov’s method allowed a high degree of flexibility that enabled him to make changes along the way depending on what was happening with the materials as he worked with them.

Krenov also drew in these young makers with his ideas.

“He wrote a series of books in the ’70s and ’80s that inspired a lot of woodworkers. Ultimately the school came to being about some of his philosophical ideas about making furniture. It has to do with an intimate respect for the material and how it can be used,” said Ted Blachly, New Hampshire furniture master and gallery director. He curated the exhibition with the help of Brad Wolcott.

It drew in people like John Cameron, a musician who’d only worked part-time as a furniture maker until he attended the school.

“I was playing music in a semi-successful band. It kept seeming as though we’d nev-



“Tall Table” by Tim Coleman. Dean Powell photo.

er have it be a solid deal. There was almost a record deal, almost a show, so I decided to look into another passion of mine,” Cameron said.

Cameron’s three pieces, a crane chair and two cabinets named “Barney” and “Neptune,” are of a much different style than Coleman’s but contain a rich color and intricacy of design similar to the other makers.’

Each of the exhibition’s four artists, Cameron said, was influenced by the work of Jim Krenov.

“He’d written as much about philosophy as he did about cabinetmaking,” Cameron said. “I was full of East Coast cynicism when I arrived at the school, and I was met with fresh, idealistic air. It really knocked me off my feet.”

“School of Thought II” and “School of Thought III” will follow later this year and feature work by furniture masters who studied at the Rhode Island School of Design, the Rochester Institute of Technology, the Boston University Program in Artisanry, the North Bennet Street School and the University of New Hampshire. 🌲

24 Art
Includes listings for gallery events, ongoing exhibits and classes.
To get listed, e-mail arts@hippopress.com.

27 Theater
Includes listings, shows, auditions, workshops and more.
To get listed, e-mail arts@hippopress.com.

28 Classical
Includes symphony and orchestral performances.
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Art

- INTOWN CONCORD MEETING/ART AUCTION** on Thurs., March 13, 5:30-7:30 p.m., at Kimball Jenkins School of Art, 266 N. Main St., Concord, Carriage House. Complimentary beverages, eats from Common Man, live jazz by Kenny Weiland, InTown update/awards ceremony and Concord art auction led by McGowan Fine Art’s Sarah Chaffee. Tickets \$20 in advance, \$25 at the door, visit bpt.me/570264.
- CHILDREN’S MUSEUM ADULT MAKERS NIGHTS** monthly series, new projects, \$10 per night plus materials fee per adult per workshop, at Children’s Museum of NH, 6 Washington St., Dover, 742-2002, childrensmuseum.org. “T-Shirt Yarn and Tie Dyeing” on Thurs., March 13, 7-8:30 p.m.; “Abstract Painting of the Land and Sea” on Thurs., April 10, 7-8:30 p.m.; “Tech Play” on Thurs., May 8, 7-8:30 p.m. Register by calling.
- AVA GALLERY AND ART CENTER SILENT AUCTION** with framed vintage posters from collection of Alfred T. Quirk on view March 13 through March 29 at 11 Bank St., Lebanon. Opening reception on Thurs., March 13, 4:30-6:30 p.m., party and final bids on Sat., March 29, 5:30-8 p.m. Admission \$30 in advance or \$40 at door. Call 448-3117, visit avagallery.org. Following reception is *The Mudroom*, a social gathering featuring local storytellers, on Thurs., March 13, at 7 p.m. Evening’s theme is “Spring Fling.”
- MARINA FORBES** presents storytelling/hands-on workshop on Russian arts, history and culture sponsored by Fiske Free Library, 108 Broad St., Claremont, 542-7017, on Sat., March 15, 10 a.m.-12:30 p.m. Call Forbes at 332-2255, email at marina@marinaforbes.com. Cost for pre-designed painting surfaces \$10-\$45.
- PRINT IT AND PROTECT IT IN THE DIGITAL ERA** presentation by NH Creative Club on Tues., March 18, 6-9 p.m., at 1000 Elm St., 17th floor. QR codes, data-driven variable imaging, augmented reality, etc. Registration \$15. Visit nhcreativeclub.org, email info@nhcreativeclub.org.
- MARSHALLARISMAN** presents lecture, “The Space Between Illustration and Fine Art,” on Thurs., March 20, at 6 p.m., at the NH Institute of Art’s French Building auditorium, 148 Concord St., Manchester. Part of the school’s Distinguished American Artists Discussing Art series, tickets for event \$20. Call 836-2546, visit nhia.edu, email jlafleur@nhia.edu.
- BASKETS FOR BOOKS FUNDRAISER** donated art to be raffled off by Fermin Perez-Andreu, Rose Bryant, Lucretia Gordon, Keith MacLeod, Judith Vanacore and Ellen Whitman

LOCAL — COLOR — NH art world news

• **Lucy's remains open with new owner:** A few weeks back we reported that Lucy's Art Emporium (303 Central Ave., Dover) owner Daisy Adams Ellard would be closing shop to take care of her nearly-1-year-old. She'd been running the downtown store featuring locally hand-made art and gifts for more than four years.

But not so fast — loyal Lucy's customer Jennifer Blosser expressed interest in taking over the business in the weeks that followed the announcement, and so she will. Lucy's will remain, but the Dover business will have a new name: Pear Tree Gifts. The business will still contain work by local artists. Ellard said in an email that she's very happy the business will continue, both for herself and the artists who show at Lucy's. Her last day was March 8.

• **Marshall Arisman visits Manchester:** As part of the New Hampshire Institute of Art's annual artist lecture series, one of the most prominent illustrators in the United States, Marshall Arisman, will present a lecture, "The Space Between Illustration and Fine Art," on Thursday, March 20, at 6 p.m., at the NHIA French Building auditorium, 148 Concord St., Manchester. Paintings and drawings by Arisman have been widely exhibited nationally and internationally, with work among the permanent collections of the Brooklyn Museum, National Museum of American Art and the Smithsonian. He's also well-known for his graphic essay, "Heaven Departed," which describes the emotional and spiritual impact of nuclear war on society, and "Sacred Monkeys," which appeared at the Guang Dong Museum of Art in April 1999.

on Fri., March 21, at 5:30 p.m., at Riverwoods, 10 White Oak Drive, Exeter. Dinner, silent auction included. Tickets \$35. Call 772-3101, email exeterpljal@gmail.com.

Exhibit openings

• **MATTHEW SMITH** March artist of the month at Exeter Fine Crafts, 61 Water St., Exeter. Reception on Fri., March 21, 6-8 p.m. Call 778-8282.

• **ANTHONY MOORE** presents "Pavise" at Alva de Mars Megan Chapel Art Center, Saint Anselm College, 100 Saint Anselm Way, Manchester, March 14 through April 30. Opening reception on Thurs., March 13, at 6 p.m. Lecture, "Modern Reveries on the Chapel Mural Decorations of Saint Anselm College" by Rhonda Leigh Dauphinais on Thurs.,

March 20, at 7 p.m.; director's tour, "The World in Flower," on Fri., March 21, at 12:30 p.m.; visit with artist/discussion on Thurs., March 27, at 4 p.m., followed by piano reception; musical performance by Anne Azema on Tues., April 8, at 7:30 p.m.; and faculty noontime lecture on Tues., April 29, at 12:30 p.m., by Dr. Andrew Laurie Stangel, "Aristotle and the Substance of the Catholic Mass: The Transubstantiation of the Eucharist in the History of Art." Call 641-7000, visit anselm.edu.
• **"NEW ENGLAND SCENES"** art by Sandy Wadlington and Melissa Anne Miller at LaBelle Winery, 345 Route 101, Amherst, on view now through April. Wine dinner with both artists Fri., March 21, woodblock demonstration by Sandy Wadlington on Sun., March 30, at 1 p.m. Email

michelle@labeledwinerynh.com, call 672-9898.

• **"THE WILD ONES"** at Seacoast Artist Association Gallery, 225 Water St., Exeter, 778-8856, on view through March. Reception on Sat., March 15, 2-4 p.m.

• **4X4 FOR EDUCATION FUNDRAISER** at Brush Gallery & Artists' Studios, 256 Market St., Lowell, March, on Sat., March 15, 2-5 p.m. Almost 150 pieces sold, proceeds benefit scholarship program. Visit thebrush.org, facebook.com/brushartgallery.

• **"SCHOOLS OF THOUGHT I: COLLEGE OF THE REDWOOD"** NH Furniture Masters' exhibition at the gallery, 49 S. Main St., Concord, March 14 through May 30, furnituremasters.org. Reception on Fri., April 4, 5-7 p.m. Call 566-6368.

• **"PERFECT PITCH: ART**



Lucy's Art Emporium will remain, but its owner and name will change. Dover resident Jennifer Blosser will become the new owner of what will become Pear Tree Gifts. Courtesy photo.

Tickets for the lecture are \$20, available by calling Julia LaFleur at 836-2546 or emailing jlaflaur@nhia.edu.

• **Also at NHIA:** From now until April 10, the French Building gallery will contain work from one of New Hampshire's most renowned photography collectors, Robert Rogers. The show, "The Environmental Portrait," consists of a curated collection of work by contemporary American photographers exploring environmental photographic portraiture, including pieces by Joseph-Philippe Beviard, Stephen DiRado, Becky Field, David Rapoport, Suzanne Revy and Hope Zanes. Rogers is a longtime Institute benefactor.

• **Different kind of outdoor exhibition for Nashua:** Meri Goyette says the Nashua art scene is one of New Hampshire's "best kept secrets" — a secret that may become more public this May during a new outdoor event for sculptors and craftsmen. The exhibition, set to occur on the grounds of 30 Temple St., Nashua, (or inside the building if it rains) on Sunday, May 4, is going to feature local sculptural and crafty art to kick off the Nashua Sculpture Symposium later that month. There will be no judging, no artists' fees, Goyette said in a phone interview. There's still a bit of room for artists looking to show; call Meri at 882-1613. — *Kelly Sennott*

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Nashua South takes flight

Peter Pan cast weighs in on performing midair

By Kelly Sennott
ksennott@hippopress.com

How difficult is it to sing while flying?

One performer in Nashua High School South's *Peter Pan* rendition this weekend knows this answer well. Sophomore Sarah Drake had just finished run-through after run-through of singing a midair "I'm Flying" during the theater group's second full rehearsal with ZFX Flying Effects gear and flight director Stu Cox when she took off two minutes to chat.

She'd been nervous about learning to fly with just two weeks till showtime. Everyone was — musical director and choreographer Laura Prior said it felt pretty strange to leave scenes completely open for the flight crew, which arrived on set March 1.

"I thought it would be pretty hard," Drake said. "I was worried about flying and singing and doing choreography all at the same time. But it's not too bad. It's really awesome, actually. ... It's way more fun than I thought it would be. It feels like you're actually flying."

The other leads of the play — senior Samantha Ricard, who plays Wendy, freshman Ryan Vigeant, who plays Michael, and

junior Sean FitzGerald, who plays John — were drawn to *Peter Pan* mostly because they love theater, but getting cast in the leading roles was, considering the show, pretty great.

"[Flying is] getting to become more comfortable," Ricard said. "It's also quite a workout! You're using different muscles than you're used to using."

They don't fly and sing as much as Drake, and neither do they fly in the same patterns. (They'll swing like a pendulum, while Drake's harness is on a track that runs the whole stage.) But they're looking forward to performing stunts — at one point, Vigeant will need to spring into the air and grab a teddy bear, and at another, the three of them will need to come together and join hands while flying.

Putting together *Peter Pan* was a bit of a risk for show director Joel Iwaskiewicz and Prior. The pair (who happen to be engaged) wanted to raise the bar from last year's energy-driven period musical, *Singin' in the Rain*.

"*Peter Pan* stuck out because it's such an ensemble piece. You have Indians, pirates, lost boys, and it's such an imaginative, well-known story that really gives a lot of creative license," Iwaskiewicz said in a phone interview before the flying rehearsal.

But *Peter Pan* would be risky. High school theater budgets aren't hefty, and in order for the show to be top-tier, a step up from last year's, there would need to be flying.

"There was distant hope that we'd be able to bring in the flying crew. It took a lot of number crunching to see if our budget would



Sarah Drake, who plays Peter in Nashua High School South's rendition of *Peter Pan*. Courtesy photo.

sustain it. It was a gleeful risk. ... But we are so enthusiastic about what we do, and we knew [flying] would increase the quality of the production," Iwaskiewicz said.

Peter Pan also requires a lot of people, onstage and off. A handful of students, including senior class president and ensemble pirate Ken Tremblay, will be muscles backstage, responsible for the amount of air each flyer gets.

Some crew members will have to be responsible for heaving half or two thirds of the flyer's weight, while others, because of the harnesses' style, will take on the full force.

Tremblay is one of those full-forcers and was pretty sore after a couple of practices. It requires a lot of energy, both physically and mentally.

"You need to pay attention to what's happening onstage at all times," Tremblay said.

As for creative licenses, they're adding a few twists to the traditional stage ver-

sion. Instead of early 20th-century London, they're setting this rendition in 2013 America. On the walls of the Darlings' room will be *Star Wars* posters, and Wendy will be a guitar player like her hero Taylor Swift. Instead of a dog named Nana, they'll be watched by a selfie-taking babysitter.

"*Peter Pan* is such a time-tested story that everybody knows. We wanted to shake it up a little bit," Iwaskiewicz said.

They took inspiration from all versions of *Peter Pan*, from Disney and Mary Martin to *Hook* and *Finding Neverland*. They also added a few pirates, of which 20 will be played by faculty members. The Indians will be sporting hard-core, Amazonian-like costumes, and the crocodile will be less of a prop and more of a character, with three students dressed in a large, intricate costume they created themselves.

"We admire how they throw 150 percent of themselves into this production. Their energy is just remarkable," Prior said. 🍀

See Peter Pan

Where: Nashua High School South, 36 Riverside St., Nashua
When: Friday, March 14, at 7:30 p.m.; Saturday, March 15, at 1:30 and 7:30 p.m.; and Sunday, March 16, at 1:30 p.m.
Admission: Tickets are \$10 and can be purchased at the door or by calling 589-8597.

INSPIRED BY MUSIC on view at Studio 550, March 20 through May 3 at the studio, 550 Elm St., Manchester, 550arts.com, info@550arts.com, 232-5597. Closing reception on Thurs., April 24, 5-8 p.m.
• GHOST MILL STUDIO ART SALE with work by Cole Grove (art), Joe Hedglin (music) and The Farewell Drugs (music) for sale on Thurs., March 20, at 7 p.m., at the Thost Mill Studio, 1 Washington St., 4th Floor East, Dover. Call 207-252-0385, visit themakeoutscene.com.
• "TOMORROW'S HEIR-LOOMS" quilt show on view for Amoskeag Quilters' Guild Biennial Quilt Show on Sat., March 22, 10 a.m.-4 p.m., and Sun., March 23, 10 a.m.-4 p.m., at Memorial High School, 1 Crusader Way, Manchester. Multi-day admission \$6. Visit amoskeagg.org.
• "PONDERING THE UNTHINKABLE" new sculpture by Andy Moerlein at New

England College Gallery, 15 Main St., Henniker, March 25 through May 1. Reception on Thurs., April 3, 4-7 p.m. Artist talk/brunch on Sat., April 5, at noon.
• HOLLIS ARTS SOCIETY 2nd Annual Juried Show on view March 28 through April 27 at the Jaffrey Civic Center, 40 Main St., Jaffrey. Opening reception on Fri., March 28, 6-9 p.m. Visit hollisartssocietynh.com.
• "ROMARE BEARDEN: A BLACK ODYSSEY" on view at the Currier Museum of Art, 150 Ash St., Manchester, March 29 through Aug. 17. Visit currier.org.
• "THE TAME ONES" at Seacoast Artist Association Gallery, 225 Water St., Exeter, 778-8856, on view through April. Reception on Sat., April 12, 2-4 p.m.
• FURNITURE MASTERS PRISON OUTREACH exhibition April 4 through June 20 at the League of NH Craftsman gallery, 49 S. Main St., Concord, nhcrafts.org.
• "FLOWERS, ORCHARDS

AND MOUNTAINS: PAINTINGS BY BRUCE MCCOLL" on view at McGowan Fine Art, 10 Hills Ave., Concord, April 1 through May 2. Call 225-2515, visit mcgowanfineart.com, email art@mcgowanfineart.com. Reception on Fri., April 4, 5-7 p.m. Free.

In the galleries

• "LIGHT FORMS" art by Professor Harry Umen at Great Bay Community College Gateway Gallery, on view through March 14. Art fuses physical and digital materials. Visit greatbay.edu, call 427-7713, email abrennan@ccsnh.edu.
• "LIGHT FORMS" work by NH digital artist Harry Umen on view at the Gateway Gallery at Great Bay Community College, 427-7713, greatbay.edu, abrennan@ccsnh.edu, now through March 14.
• "TURN OF THE CENTURY PRINTS AND PAINTINGS" by Loretta CR Hubley on view at

the second floor gallery at UNH Manchester, 400 Commercial St., Manchester, through March 14. Call 641-4101.
• "UNSEEN IN THE CITY" photography show of uncommon views of people/places in Manchester, on view at Studio 550, 550 Elm St., Manchester, through March 15. Visit 550arts.com, call 232-5597, email info@550arts.com.
• "HOT STUFF: FEEL THE HEAT" multimedia exhibition at the League of NH Craftsmen Craft Center, 49 S. Main St., Suite 100, Concord, now through March 21. Visit nhcrafts.org.
• "THE LANDSCAPE: A CANVAS OF COLOR" featuring artwork by Marcia Blakeman and Jerrie Lawson at East Colony Fine Art, 55 S. Commercial St., Manchester, 621-7400, on view through March 22.
• AARON T. BROWN exhibits work at Hancock Town Library, 25 Main St., Hancock, 525-4411, hancocktownlibrary.blogspot.

com, now through March 27.
• "THAW" group show with new art at McGowan Fine Art, 10 Hills Ave., Concord, 225-2515, mcgowanfineart.com, jessica@mcgowanfineart.com, now through March 28.
• STEPHEN L. PREVITE Hollis Arts Society featured artist of the Month at the RE/MAZ realty office, 2 Ash St., Hollis. Call 465-2647.
• "CELEBRATING THE BOOK & ALL ITS LIVES" features New Hampshire illustrators and authors at Amherst Town Library, 14 Main St., Amherst, amherstlibrary.org, on view now through March 28. Exhibiting artists include Maryann Coccia-Leffler, Marty Kelley, Beth Krommes, JoAnn Kitchel, David McPhail, Marek Bennett, Jill Weber, Cynthia Copeland, Denise Ortakales and others.
• "PICASSO ESTATE COLLECTION" at the Rochester Museum of Fine Arts, 18 N. Main St., Rochester, rochesterfmfa.org,

on view now through March 29.
• "HOME, SCHOOL AND STUDIO: WOMEN ARTISTS AND NEW HAMPSHIRE" on view at the New Hampshire Historical Society museum, 6 Eagle Square, Concord, through March 30. Admission \$5.50, call 228-6688, visit nhhistory.org.
• BETH WITTENBERG exhibits watercolor art at Portable Pantry Café, 12 Hanson St., Rochester, 948-2035, through March 31.
• MOUNTAIN VIEW MIDDLE SCHOOL ART showcase at the Goffstown Public Library, 2 High St., Goffstown, on view through the month of March. Email denises@goffstownlibrary.com.
• JANICE DONNELLY exhibits small collection of fine art oil paintings that depict Manchester neighborhoods at E.W. Poore, 775 Canal St., Manchester, through the month of March. Visit ewpoore.com.
• "LIGHT AND COLOR ON THE EDGES" exhibition of

CURTAIN

— CALL —

Notes from the theater scene

• **Last show of a series:** Based on the life and work of a 19th-century South Berwick, Maine, author, *Familiar Fields: The Community of Sarah Orne Jewett* is the final production of Pontine Theatre's premiere Café-Lyceum Series. The play, according to a press release, explores issues of community reflected in Jewett's stories, and in the ways her regional portraits speak about the essential New England character. The events include food, discussion and excerpts from Pontine's original adaptation of Jewett's *The Country of the Pointed Firs* and *Dunnet Landing Stories*. Performances are Thursday, March 13, at 7:30 p.m.; Friday, March 14, at 7:30 p.m.; Saturday, March 15, at 4 p.m.; and Sunday, March 16, at 2 p.m. Tickets are \$18, and may be purchased online at pontine.org. Email info@pontine.org, call 436-6660.

• **A show by the kids:** Want to see what young writers and actors are capable of? The Boys & Girls Club of Souhegan Valley presents its 9th Annual One-Act Playwriting Workshop and Festival this weekend, with performances on Thursday, March 13, at 7:30 p.m., and Friday, March 14, at 7:30 p.m., at the Amato Center Theater, 56 Mont Vernon St., Milford. The program includes four new plays written by student playwrights inspired by the theme "faith." Devon Labonte wrote a comedy, Nicole Sprague wrote a tragedy, Gabe Garcia wrote a historic adventure and Gage Turgeon and Woody Stockwell wrote a Victorian fantasy play. Eighteen actors will play 38 roles in total. All of the plays were submitted by young playwrights last November and hand-chosen by Riverbend School of Theater Arts director Toby Tarnow. Tickets are \$5 at the door. Call Tarnow at 465-3456 or email tobyarnow@yahoo.com, visit svbg.org/programs/riverbend-youth-company.

digital photos by John Wren at the Loading Dock Gallery, 122 Western Ave., Lowell, Mass., on view now through March 30.

• **LINDA FEINBERG** shows her paintings at the Derry Public Library, 64 E. Broadway, Derry, in March. lfeinberg@myfairpoint.net, lindafeinberg.com.

• **"MOUNTAIN SCENERY"** on view at the New Hampshire Historical Society museum, 6 Eagle Square, Concord, through March 30. Admission \$5.50, call 228-6688, visit nhhistory.org.

• **RUTH ANN ESCH** shows 14 photographs at the Spoon Revolution Vegan Bistro (55 S. Main St., Concord), across from the Capitol Center for the Arts, spoonrev.com,

738-4327, during March.

Classes/workshops

• **LEAGUE OF NH CRAFTSMEN CLASSES** at the Nashua retail gallery, 98 Main St., Nashua, 595-8233. Polymer Clay Vase on Sat., March 15, 10:30 a.m.-1:30 p.m., \$30 tuition, \$10 materials; Key Basket on Sat., March 29, 10 a.m.-5:30 p.m., \$70 tuition, \$28 materials; Flute making on Sat., April 26, 10 a.m.-5:30 p.m., \$70, \$60 materials.

• **WATERCOLOR & PASTEL PAINTING** with Bruce McColl on Sat., March 22, 10 a.m.-4 p.m., at Currier Museum of Art, 150 Ash St., Manchester, \$150, currier.org, 669-6144.



Marguerite Mathews and Greg Gathers in *Familiar Fields: The Community of Sarah Orne Jewett*. Andrew Edgar photo.

• **Also for kids, a summer with NH Theatre Factory:** One of New Hampshire's newest theater groups, the NH Theatre Factory just announced the start of its professional youth training program, a summer arts intensive that will occur at the Upper Village Hall in East Derry, Monday through Friday, Aug. 4 through Aug. 15, from 9 a.m. to 3 p.m. Space is limited and tuition is \$440 per student (though a discounted \$400 rate is available for families that send more than one child). The program will be taught by a mixture of local and industry professionals from New York City, and is designed to be a training program for both beginner and experienced students looking to improve their acting, music, movement and technical theater skills. Visit nhtheatrefactory.org, email info@nhtheatrefactory.org.

"To us, theater education is first and foremost about learning a craft. The emphasis of our summer program is training, not performance," producing director Wallace Pineault said in a press release. "Craft comes first."

• **Updated opera house?** A few weeks ago, Gov. Maggie Hassan and the Executive Council voted unanimously to approve a \$20,000 grant for painting and plaster repairs to the Derry Opera House, which hasn't been painted for many years. This work is a separate project from the structure repair of the Adams Memorial Building, which is connected to the opera house.

— Kelly Sennott

Theatre

• **PALACE YOUTH THEATRE: SHREK THE MUSICAL** at the Palace Theatre, 80 Hanover St., Manchester, on Thurs., March 13, at 7:30 p.m. Tickets \$12. Call 668-5588, visit palacetheatre.org.

• **THE REAL INSPECTOR HOUND** directed by Adam Young, produced by Bedford Off Broadway, on Fri., March 14, at 8 p.m.; Sat., March 15, at 8 p.m.; and Sun., March 16, at 2 p.m., at Old Bedford Town Hall, Meetinghouse Road, Bedford. Email bedfordoffbroadway@comcast.net. Tickets \$12. Call 647-2864.

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AUDUBON NATURALIST CONCERT

Award-winning musician, storyteller and author Steve Schuch presents a concert at the NH Audubon's McLane Center, 84 Silk Farm Road, Concord, on Saturday, March 15, at 7 p.m. Schuch, classically-trained on violin and accomplished singer, songwriter and guitarist, will perform numerous songs that he composed while serving as a naturalist at the Audubon, many of which offer an Irish flair in honor of the upcoming holiday.

Tickets are \$18 for adults, \$10 for children, and are available at the Audubon website (nhaudubon.org) or by calling 224-9909, or at the door. The concert is part of the Audubon's centennial events and "Welcome Back" series, which features work by former staff and volunteers from the New Hampshire Audubon. Courtesy photo.

FANTASY IMPROV night on Sun., March 16, at 7 p.m., at Seacoast Repertory Theatre, 125 Bow St., Portsmouth. Two-hour improv comedy show, inspired by *Dungeons & Dragons*. Visit dorksindungeons.com, call 646-4978, email kathleencavalero@gmail.com. Social hour at 6 p.m. Pay what you can at the door, pre-order tickets \$12 online at seacoastrep.org.

• **THE DIARY OF ANNE FRANK** at the Rochester Opera House, 31 Wakefield St., Rochester, 335-1992, \$16, through March 16. Visit rochesteropera-house.com for times.

• **ADVENTURES OF A COMIC BOOK ARTIST** presented by Majestic Academy of Dramatic Arts Fri., March 14, through Sun., March 16, at the Samuel & May Gruber Recital Hall, 2291 Elm St., Manchester. Tickets \$12. Visit majestictheatre.net, call 669-7469.

• **A FLEA IN HER EAR** presented by Garrison Players at the Garrison Players Arts Center, Route 4, Rollinsford, March 14 through March 29, 8 p.m. on Fridays and Saturdays, 3 p.m. on Sundays. Tickets \$18. Call 750-4ART, visit garrisonplayers.org.

• **ON GOLDEN POND** performed at Leddy Center, 38C Ladd's Lane, PO Box 929, Epping, March 14 through March 23. Performances Friday and Saturday evenings at 7:30 p.m., Sundays and March 19 at 2 p.m. Tickets \$18. Visit leddy-center.org, call 679-2781.

• **9TH ANNUAL ONE-ACT PLAYWRITING WORKSHOP AND FESTIVAL** performances on Thurs., March 13, at 7:30 p.m., and Fri., March 14, at 7:30 p.m., at Amato Center for the Arts, 56 Mont Vernon St., Milford. Four new plays written by student playwrights on the theme, "faith." Tickets \$5 at the door. Call 465-3456, email toby-tarnow@yahoo.com.

• **I AM JACK** show by Austra-

lian Children's Theatre on Fri., March 14, at 9:30 a.m. and 11:30 a.m., at Dana Center for the Humanities, 100 Saint Anselm Drive, Manchester. Call 641-7700, email dana@anselm.edu for pricing.

• **DANCING WITH THE STARS: BROADWAY MUSICALS MSMS GALA** local stars pair with professional dancers on Thurs., March 20, at 5:30 p.m., at Manchester Community College, 1066 Front St., Manchester, 206-8000.

• **ARSENIC AND OLD LACE** at Franklin Opera House, 316 Central St., City Hall, Franklin, on Thurs., March 20, at 7:30 p.m.; Fri., March 21, at 7:30 p.m.; Sat., March 22, at 7:30 p.m.; and Sun., March 23, at 2 p.m. Tickets \$14 for seniors, purchase through franklinopera-house.org, call 934-1901.

• **THE LENDING DOLL** new musical presented at Sutton Baptist Church, 5 Corporation Hill Road, Sutton Mills, on Sun., March 23, at 5 p.m., suttonlibrarian.com.

• **BEYOND THERAPY** presented by Milford Area Players at the Amato Center for the Performing Arts, 56 Mont Vernon St., Milford, on Fri., March 21, at 8 p.m.; Sat., March 22, at 8 p.m.; Sun., March 23, at 2 p.m.; Fri., March 28, at 8 p.m.; Sat., March 29, at 8 p.m.; and Sun., March 30, at 2 p.m. Visit milfordareaplayers.org. Tickets \$12.

• **NEW YORK WATER** presented by Stage One Productions at Chateau Event Center, 201 Hanover St., Manchester, on Fri., March 21, at 7:30 p.m. (curtain 8:45 p.m.); Sat., March 22, at 7:30 p.m. (curtain 8:45 p.m.); Sun., March 23, at 11:30 a.m. (curtain 1 p.m.). Dinner included, buffet style. Call 669-5511, email boxoffice@stageoneproductions.net for ticket prices.

• **DISNEY'S BEAUTY AND THE BEAST** on Fri., March 21, at 7 p.m.; Sat., March 22, at 1

and 7 p.m., at Derryfield School, 2108 River Road, Manchester, etix.com, 472-3894, \$15.

• **ROCK OF AGES** at Capitol Center for the Arts, 44 S. Main St., Concord, 225-1111, ccanh.com, on Sat., March 18, at 7:30 p.m. Tickets \$35-\$85.

Classical

• **BACH'S LUNCH SERIES** at 12:10 p.m., at Concord Community Music School, 23 Wall St., Concord. Concert on Thurs., March 13, 12:10-12:50 p.m., "Jazz Generations," performed by Matt Langley, David Tonkin, Scott Kiefner, Michael Sink. Free, call 228-1196, visit ccmusicschool.org.

• **CONCORD COMMUNITY MUSIC SCHOOL STUDENT RECITAL** on Fri., March 14, at 7 p.m., at Concord Community Music School, 23 Wall St., Concord, 228-1196, ccmusicschool.org. Free.

• **STEVE SCHUCH** presents concert at NH Audubon's McLane Center, 84 Silk Farm Road, Concord, on Sat., March 15, at 7 p.m. Classically trained on violin, singer, songwriter, guitarist, includes songs he composed while serving as naturalist for NH Audubon. Tickets \$15, call 224-9909, ext. 333, visit nhaudubon.org.

• **ECOLOGY OF SOUND: MUSIC OF THE RAINFOREST** concert on Sat., March 15, at 7 p.m., at Mariposa Museum, 26 Main St., Peterborough. Return performance by Ricardo Frola. Admission \$15, call 924-4555, email pr@mariposamuseum.org, visit mariposamuseum.org.

• **DALE GONYEA** through Nashua Community Concert Association, performance by piano virtuoso/humorist at 117 Elm St., Nashua, on Sat., March 15, at 8 p.m. Emmy Award-winner, tickets by calling 318-1792, 888-9158, cityartsnashua.org.

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LISTINGS

30 Children & Teens

Games, clubs, fun...

31 Crafts

Fairs, workshops...

33 Health & Wellness

Workshops, exercises...

35 Marketing &

Business

Networking, classes...

35 Miscellaneous

Fairs, festivals, yard sales...

FEATURES

30 Kiddie pool

Family activities this week.

31 Treasure Hunt

There's gold in your attic.

32 The Gardening Guy

Advice on your outdoors.

34 Car Talk

Click and Clack give you

car advice.

36 Healthy Hippo

Health and wellness

advice.

Get Listed

From yoga to pilates, cooking to languages to activities for the kids, Hippo's weekly listing offers a rundown of all area events and classes. Get your program listed by sending information to listings@hippopress.com at least three weeks before the event.

INSIDE/OUTSIDE

Just Jillian

Michaels practices what she preaches

When Jillian Michaels rolls into Concord for her Maximize Your Life tour on March 22, she'll have her whole crew with her — including her partner Heidi and their two kids, Lukensia, 3, and Phoenix, 21 months. “They’re in the other room right now singing ‘Let It Go’ [from Disney’s *Frozen*],” Michaels said from a hotel room in Colorado March 10, the day before her tour kicked off. “They love [touring]. We all sleep on the bus. It’s a friggin slumber party every night!”

Michaels talked to the Hippo about the tour, *The Biggest Loser*, and how she’s maximizing her own life.

You’re everywhere — on TV and radio shows, on DVDs, in magazines, and now you’re back on the road for your second Maximize Your Life tour. How is seeing you live on stage different than watching you on *The Biggest Loser*, reading one of your books or following you on Facebook?

It gives me a direct connection with the audience. ... I built in a Q&A and I can craft my answer so it is applied to the whole audience. [The live show is] the most fulfilling and rewarding, and the most effective way [to reach people].

You started on *The Biggest Loser* when you were 30, and you just turned 40 in February. Personally and professionally, it would seem you’ve had quite a decade. Would you say that you’ve been maximizing your own life?

Without a doubt, and a big part of the show consists of anecdotes from my life. Somebody might feel down and out — I’ve been there. I was an overweight kid, I was in a dysfunctional relationship — several of them — I’ve had [bad jobs], I’ve been unemployed. I am not special. There

is nothing unique or gifted about me. I got the knowledge to turn these things around at a young age [and I] take that information and help people. ... If we were to look at a contestant, [take *Biggest Loser* Season 14 winner] Danni Allen. This is a girl who has opened her own yoga studio, is in love and has maintained her weight loss. That’s what you don’t get to see on *Biggest Loser*. [Weight loss support] is one tool of many that we use to empower [the contestants].

You emphasize healthy practices like eating well, exercising, getting enough sleep and even taking vacations. Are there any areas that you’re still trying to improve?

I do them all. I just got back from India, and I sleep seven hours a night. The reality is, you have to give up the idea of perfection ... [and appreciate] that you’re not going to be the perfect employee, the perfect mom, the perfect partner. ... If you’re happy more than you’re sad, that to me is success.

I read once that you hate running but do it anyway because it’s effective. Is that true, and do you think living life to your greatest potential means that sometimes you have to do things you really don’t want to do?

It is [true]! I hate it, I’m not built for it. My body is not built for running and I go 3 miles and I wish I was dead, but it’s the easiest thing to do when you’re on the road. It’s simple; it’s free. [You have to think about] the ‘why,’ how I’m gonna feel when it’s over. I just push through it. You need to think about why you’re engaging in a behavior that’s less pleasurable, and the reason is, I want to feel good in my skinny jeans, I want to be here for my kids. ... If you have the ‘why’ that you live for, you can tolerate it.

Many people thought last season’s *Biggest Loser* winner Rachel Fredrickson lost too much weight, and you’ve said publicly that you agree. What do you do, as a trainer, to help people find balance, rather than going from one extreme of overeating to the other?

Dolvett [Quince] was Rachel’s trainer. I’ve never had a contestant go too far, ever. It’s not about win-



ning. It’s about changing your life. ... I think [Rachel’s] goal with Dolvett was to win. Nobody ever really stopped to go, ‘Why did you get here in the first place?’ ... Utilizing a relationship with food as a coping mechanism ... they’re flip sides of the same coin. Rachel’s issues did not get resolved, clearly.

Do you ever feel like this whole health and wellness empire that you’ve created puts too much pressure on you to be perfect?

I don’t think that a person in the public eye has the right to complain about pressure, haters or otherwise. While, yeah, it’s not always easy, it’s the life you asked for, and it comes with a tremendous amount of benefits as well as struggles. ... It comes with the territory.

When you first became a mom, you were very open about saying that parenting is more difficult than you expected. With almost two years of parenting under your belt now, has it gotten any easier?

Yeah, it has. It required an attitude shift. I think I expected I would be the perfect mom. ... I thought my love for

my children would override [any difficulties]. ... What I try to do with my kids is when I make a mistake, I’m transparent. My daughter’s almost 4. ... [I’ll say] ‘I’m sorry I snapped at you, Lu, it’s been a crazy day, will you forgive me?’ ... Kids don’t want you to live for them. I try to role model for my daughter, being happy and living my own life, which is something my own mom did ... and I never thought any less of her. Once I sort of wrapped my head around the fact that I’m not going to be perfect, that’s when it became a lot easier.

Your tour wraps up in May. What’s next for you?

Professionally, we are launching an athletic apparel line with Kmart, we’re working on a healthy snack and grab-and-go meal deal with Walgreens ... and we’ll continue to put out DVDs and books, etc. On a personal level I will focus on my family and spending time with my kids. [Beyond that] what I would like to do moving forward that’s different is to create more volunteer time. [I’ve been writing checks and thinking I was doing my part], but that’s a cop-out. — *Meghan Siegler* 🍌

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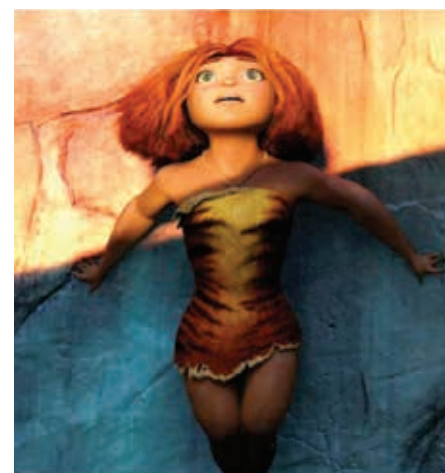
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IN/OUT
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Family fun for the weekend



Clay crazy

The League of NH Craftsmen (98 Main St., Nashua, 595-8233, nhcrafts.org) will have a pottery workshop to **create a clay vase** on Saturday, March 15, from 10:30 a.m. to 1:30 p.m. Kids ages 12 and up are welcome. Cost is \$30 and materials are \$10.

Science and nature

The Amoskeag Fishways (4 Fletcher St., Manchester, 626-3474, amoskeagfishways.org) will have a family program, **"The Hunters and the Hunted,"** on Friday, March 14, from 7 to 8 p.m. The program will be about animal predators and prey. Cost is \$5.

Visit the McAuliffe-Shepard Discovery Center (2 Institute Drive, Concord, 271-7827, starhop.com) to watch the planetary show **Back to the Moon for Good**, on Friday, March 14, at 4 p.m. The show will feature competition of international teams racing to the moon and information about the moon's resources. There will also be two other showings on Saturday, March 15, and Sunday, March 16, at 4 p.m.

at 7 p.m., and Sunday, March 16, at 2 p.m. The play has an all-girl cast, and the superheroes they portray are unlike any heroes you've heard of before. Tickets are \$12.

See a matinee showing of **Darby O'Gill & the Little People** on Sat., March 15, at 2 p.m. at the Nashua Public Library (2 Court St., Nashua, 589-4600, nashualibrary.org). The movie is rated G and is 91 minutes long. Children under 6 must be accompanied by an adult.

Water and ice

The Catalinas Synchronized Swim Team of the Manchester YMCA will have **water show** on Saturday, March 15, from 1 to 3 p.m. at the YMCA (30 Mechanic St., Manchester, 232-8622, lleary@yogm.org). The show is free and open to the public.

The **Manchester Monarchs** will play at the Verizon Wireless Arena, 555 Elm St., Manchester, 626-7825, manchester-monarchs.com) on Friday, March 14, at 7 p.m. They will play the Bridgeport Sound Tigers. Tickets start at \$14 for youth and \$19 for adults.

Night out

For St. Patrick's Day, KinderCare (3 Holiday Circle, Nashua, 897-1255, kindercare.com) is hosting a **parents and kids night out** on Friday, March 14, from 6:30 to 9:30 p.m. Parents can drop off their kids at the facility, where there will be a showing of *The Croods* as well as cookie decorating, crafts and a pizza dinner. Cost is \$25 per child.

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Book Blast

The Mall of New Hampshire (1500 S. Willow St., Manchester) will have the **Simon Kidgits Club Book Blast** on Saturday, March 15, from 11 a.m. to 1 p.m. The event will feature stories, crafts and prize giveaways. Families are encouraged to bring a book for charity. Cost is \$5 and allows membership to the club for a year.

See a show

The Majestic Academy of Dramatic Arts will present the **Adventures of a Comic Book Artist** at the Samuel & May Gruber Recital Hall (2291 Elm St., Manchester, 699-7469, majestictheatre.net) on Friday, March 14, and Saturday, March 15,

Children and Teens Events

- **INFORMATION OPEN HOUSE** at Parent Information Center (54 Suncook Road, Concord, 224-7005, picnh.org) on Thurs., March 13, from 3 to 6 p.m. Learn about the resources at the center and see the new office.
- **MY CHILD IS TURNING 3, NOW WHAT?** A free workshop being held on Tues., March 18, from 9 to 11 a.m. at the Lakes Region Community Services (719 N. Main St., Laconia, 224-7005, picnh.org). The workshop will focus on special education.
- **HOLISTIC MOMS NET-**

WORK will host Nancy Cook as she speaks about issues in raising adolescents today at the Spinal Corrective Center (1 Overlook Drive, Amherst) on March 20, from 7:30 to 9 p.m. This meeting is free.

- **MINNIE AND MICKEY** at Cowabunga's (1328 Hooksett Road, Hooksett, 625-8008, mycowabungas.com) on Fri., March 21, from 4 to 7 p.m. Come play and take pictures with Mickey and Minnie. Admission is \$10 per child. Adults and babies are free.
- **NEW ENGLAND K-9 SEARCH AND RESCUE** at

the Massabesic Audubon Center (26 Deerneck Road, Auburn, 668-2045, nhaudubon.org) will be on Sat., March 22, from 10 a.m. to noon. This free workshop will be an educational program for kids from ages 4 through 10 and their families to learn about how to avoid getting lost and what to do if you do. Registration is required. Register with Wanda Rice at 432-7840, wandarice@comcast.net.

- **SAFESITTER BABYSITTING CLASS** at NHCPR (679 Mast Road, Manchester, 668-5360, nhcpr.com/safe-siter) on Sat., March 22, from 9 a.m. to 2 p.m. Cost is \$65. Kids ages 11

Dear Donna,

Can you give me any information on this sweet toy? He is 9x7 inches with no marks on him that I can see. The eyes are glass, I believe, and that is really all I can tell you. Any information would be appreciated.

Marsha of Manchester

Dear Marsha,

Thanks for all the pictures of your cute bull. When there are no marks it can be tough to identify items, but some characteristics tell the age.

Your toy bull is from around the early 1900s. It most likely has a metal frame with spun cotton over it to look wooly like a bull. It also could be made of excelsior (like a thick straw or hay). Sometimes there is a squeaker inside, so when you tip the bull it would make noise. You should be able to tell this by tipping it, or you could feel a lump inside where there was a squeaker that now doesn't work.

To find a toy that has made it over 100 years should be amazing. Imagine getting a toy and caring for it so well that it is still here today from the 1900s. To me that should make things like toys priceless. Even the horns are intact on yours. Remember, condition is always key when pricing most things.

Your bull, Marsha, would be in the \$150 range to a collector. I have to say, though, that this is because it is a nice form. People love to collect animals; older ones are sought after by collectors. If you still had this same toy in the original packaging it



could bring double that price.

Sometimes even more modern toys from the 1950s to the 1970s can fetch really high prices to overseas collectors if they are all intact and in the original box. Years ago I watched at an auction someone pay over \$2,000 for a toy just for the original box. Imagine that!

So, Marsha, I hope this was helpful to you and I hope you pass this toy down in your family. It must have some very fond memories that will come with it.

Donna Welch has spent more than 20 years in the antiques and collectibles field and owns From Out Of The Woods Antique Center in Goffstown (fromoutofthewoodsantiques.com). She is an antiques appraiser and instructor. To find out about your antique or collectible, send a clear photo of the object and information about it to Donna Welch, From Out Of The Woods Antique Center, 465 Mast Road, Goffstown, N.H., 03045. Or email her at footwdw@aol.com. Or drop by the shop (call first, 624-8668).

through 13 can attend the class to learn babysitting as a business, child development, safety and rescue breathing and choking techniques plus more. This day course also includes a book. Kids are required to bring their own lunch.

- **LOVELY LASSIES, AND LADS, TEA PARTY** at the Pelham Public Library (24 Village Green, Pelham, 635-7581 ext. 3065, pelhampubliclibrary.org) on Tues., March 25, at 6 p.m. There will be teas and scones. Registration is required.
- **THROUGH THE EYES OF A CHILD** with Dr. Kittie Weber, a psychology professor, on Wed., March 26, from 6 to 7 p.m. at New England College (62 North Main St., Concord, 715-2306, necc.edu) to discuss a child's perceptions and how they carry over into adulthood.
- **CASTAWAY CHALLENGE** The Concord Library (45 Green St., Concord, 230-3682, concordlibrary.org) will have a recycling challenge on Thurs., March 27, at 3:30 p.m.

- **TOTS TO TEENS CONSIGNMENT SALE** at the McKelvie School (108 Liberty Hill Ave., Bedford, totstoteensnh.com) on Sat., March 29, and Sun., March 30, from 2 to 6 p.m. Admission is \$5.
- **PARENT LEADERSHIP TRAINING** at the Parent Information Center (54 Old Suncook Road, Concord, 224-7005, picnh.org) will teach parents leadership skills for collaboration among parents and educators with disabilities in children. The workshops will be on Wed., April 1, April 8 and April 15, from 6 to 8:30 p.m. Register before March 21 at frontdesk@picnh.org.

Crafts Fairs/Exhibits

- **ECO EXPO AND CRAFT FAIR** at the Gossler Park Elementary School (99 Sullivan St., Manchester, 242-1583) on Sat., March 15, from 10 a.m. to 3 p.m. There will be handmade crafts and food to benefit the Gossler Park Eco Club.

- **STAND UP LACONIA CRAFT FAIR** at Laconia High School (345 Union Ave, Laconia, jfarrar@laconiaschools.org) on Sat., March 22, from 9 a.m. to 3 p.m. All proceeds go to drug awareness and prevention.
- **SPRING CRAFT AND SPECIALTY FOOD FAIR** at Rockingham Park Racetrack (79 Rockingham Park Blvd, Salem, castleberryfairs.com) on Sat., March 22, from 10 a.m. to 5 p.m. and Sun., March 23, from 10 a.m. to 4 p.m. Admission is \$7 and tickets are good for both days.
- **SPRING CRAFT FAIR** with the Windham Women's Club will be on Sat., April 5, at 9:30 a.m. at Windham High School (64 London Bridge Road, Windham, windhamwomensclub.com). There will be handmade gifts for all upcoming holidays.

Pottery & Clay

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IN/OUT THE GARDENING GUY

Grow your own fruit

Advice from a couple of good books

By Henry Homeyer
listings@hippopress.com



Shipova. Photo from Lee Reich's *Grow Fruit Naturally: A Hands-On Guide to Luscious, Homegrown Fruit*.

Most mornings in winter I start my day with a bowl of oatmeal. That can get pretty dull, so I liven it up with a variety of fruits, most of which I grew myself and preserved either dried or frozen. Add some cinnamon or cardamom and a few nuts, and bland becomes bodacious. In my freezer I have blueberries, elderberries, blackberries, plums, apples, raspberries and a few peaches that I got by trading some apples with a friend. So if you're bored with breakfast, do some studying now about the various fruits you might grow, and plant them this summer.

Much of what I know about gardening comes from practical experience: ask a good gardener, for example, what kind of peach tree she grows, plant one, and see how it does. Try again if the first one dies. But I also depend on reading good books on gardening, and now, while there is still snow on the ground, I spend considerable time reading.

I have two books on fruit growing that I like a lot. The first, written in 1992 by Lewis Hill of Greensboro, Vt., is a classic: *Fruits and Berries for the Home Garden*. Lewis was a friend of mine (he passed away in 2008) and a Vermonter to the core: quick-witted, hard-working, and curious. He grew up on a dairy farm and only had a high school education, but with his wife Nancy, he wrote 16 excellent gardening books. His book on fruits and berries is full of good information but also entertaining. It has recently been updated, I just learned, by University of Vermont professor Len Perry as *The Fruit Grower's Bible*.

The other fruit book I like is Lee Reich's *Grow Fruit Naturally: A Hands-On Guide to Luscious, Homegrown Fruit*, which came out in 2012 and is full of color illustrations and good drawings. Like Hill, Lee Reich is opinionated and thorough and has many years of experience. Lee has a Ph.D. in horticulture and lives in upstate New York.

Reich's book introduced me to two fruits hardy for Zone 5 (possibly even Zone 4) that I have never grown or tasted: the medlar and the shipova. The medlar is a small tree that is self-fruitful, meaning that one tree is all that is needed for pollination. According to Reich's book, the medlar blossoms open late enough to almost never be bothered by spring frosts. The fruit keeps well and is very tasty. So why have I never heard of one? Reich writes, "The flesh, when ready for eating, is brown and mushy and lacking visual appeal." It also needs "bletting" or ripening on a shelf in a cool room, the cooler the better.

The shipova is actually a hybrid made from two different species, a type of mountain ash (*Sorbus aria*) and the European pear. Reich lists it as a Zone 4 plant, so it is hardier

than the medlar and should survive my New Hampshire winters easily. It produces pear-like fruit on a tree that can grow to 20 feet, or if grafted on a suitable rootstock, only 8 feet tall. He says that they are ready for harvest in mid-summer. Unlike the medlar, the fruit does not keep well, but it is attractive to the eye and tasty, too. I called Lee, and he said the fruit tastes similar to a pear.

Reich made it clear that fruits like the medlar and shipova are not often sold at our local nurseries, so I went on-line to see where they are available. Raintree Nursery in Morton, Wash., had both for sale (raintreenursery.com). In the back of Reich's book there is a list of nurseries that sell fruit trees, including St Lawrence Nurseries in Potsdam, N.Y., which has lots of cold hardy trees that can be ordered bare root until April 10.

Lee Reich's book is just chock full of tidbits that are useful. He explains, for example, labels on pesticides: "Caution" means the material is slightly toxic or relatively nontoxic. "Warning" means moderate toxicity, and material marked "Danger" might kill you, even in small quantities. Lee is a proponent of organic techniques but points out that even pesticides approved for organic growers can have severe side effects. He notes that nicotine sulfate is an extract of tobacco that is "organic" but has a danger label. It's important to pay attention to warning labels whether you are using organic pesticides or not.

I also like the fact that Reich's *Grow Fruit Naturally* has specific cultivars named for the fruits it describes, and offers useful tips such as whether a variety is self-fruitful or not. There is a nice section on pruning and another on proper planting techniques.


Call me a skeptic, but I like to buy trees from local nurseries as it means that the owners probably have grown what they are selling. Still, I love to experiment with new plants and usually try something new every year. This just might be the year for a shipova or a medlar. I wonder how they are on breakfast cereal.

Henry Homeyer is a gardening teacher, coach and public speaker. Reach him at henry.homeyer@comcast.net or P.O. Box 364, Cornish Flat, NH 03746. 🍌

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OLD HOUSE AND BARN EXPO

The Radisson Hotel (700 Elm Street, Manchester, 625-1000, radissonhotel.com/manchester) will host the Old House and Barn Expo on Saturday, March 15, and Sunday, March 16, from 9 a.m. to 5 p.m. Exhibitors and speakers will be there to talk about gardening, architecture, history and different preservation strategies. Tickets are \$10.

nhcrafts.org) will have a clay vase workshop on Sat., March 15, from 10:30 a.m. to 1:30 p.m. Cost is \$30 and materials are \$10. Ages 12 and up.

Quilting

• **TOMORROW'S HEIRLOOMS** biennial quilt show at Manchester Memorial High School (1 Crusader Way, Manchester, amoskeaggg.org) on Sat., March 22, and Sun., March 23, from 10 a.m. to 4 p.m. Admission is \$6 (free for children 12 and under).

Scrapbooking & paper

• **SCRAPBOOKING WORKSHOP** at the Merrimack Public Library (470 Daniel Webster Highway, Merrimack, 424-5021, merrimacklibrary.org) on March 26 and April 30. Learn how to design and assemble scrapbooking pages.

Other

• **T-SHIRT YARN AND TIE DYING** at the Children's Museum of New Hampshire (6 Washington St., Dover, 742-2002, childrens-museum.org) on Thurs., March 13, from 7 to 8:30 p.m. Admission is \$10 with a material fee of \$6. This craft is for adults 18+.

• **KEY BASKET** The League of NH Craftsmen (98 Main St., Nashua, 595-8233, nhcrafts.org) will have a basket class on Sat., March 29, from 10 a.m. to 5:30 p.m. Cost is \$70 and materials are \$28. Ages 14 and up.

• **INTRO TO ZENTANGLE** class at League of NH Craftsmen (98 Main St., Nashua, 595-8233, nhcrafts.com) on Sat., April 5, from 10 a.m. to noon. Class fee is \$20 and a \$10 material fee.

Health & Wellness Workshops, seminars & events

• **SKIN CANCER AWARENESS SEMINAR** on Thurs., March 13, at 11 a.m. at Maple Suites Senior Independent Living (30 Holiday Drive, Dover, 742-8820). Learn how to detect skin cancer. Registration required.

• **OCD AND FAMILY** with George Samuels on Thurs., March 13, from 7 to 8 p.m. at

the Manchester City Library (405 Pine St., Manchester, manchester.lib.nh.us). Learn about OCD and its treatments.

• **HEALTH INSURANCE INFORMATION AND ENROLLMENT** at the Amherst Town Library (14 Main St., Amherst, 673-2288, amherstlibrary.org) will help those interested in learning about health insurance and how to enroll in it on Mon., March 17, March 17, March 24 and March 31, from 6:30 to 8 p.m.

• **HEALTHCARE COVERAGE ENROLLMENT** on Mon., March 17, from 10:30 a.m. to 2:30 p.m. to understand the right coverage for you at New England College (62 North Main St., Concord, 715-2306, necc.edu).

• **LYME DISEASE CLINIC** at the Holistic Self Care Center (12 Murphy Drive, Nashua, 883-1490, thehsccenter.com) will be on Tues., March 18, from 6 to 7 p.m. This free clinic will be a support group for those suffering from Lyme disease and discuss treatment options.

• **THE BASICS:** memory loss, Dementia, Alzheimer's disease at Alzheimer's Association (5 Bedford Farms Drive, Bedford, alz.org) on Wed., March 19, from 5:30 to 7 p.m. Attendees will learn about the disease and treatment options.

• **EATING HOLY** with David Riese on Thurs., March 20, from 7 to 8 p.m. at the Etz Haymin Synagogue (1 1/2 Hood Road, Derry, etzhayim.org). The discussion will provide a Jewish point of view on healthy eating.

• **DIABETES SELF-MANAGEMENT TRAINING** at St. Joseph Hospital (172 Kinsley St., Nashua, 595-3971, stjosephhospital.com) will teach those with the disease how to keep it under control. The workshops will run on Thursdays, from March 20 through April 17, from 10 a.m. to noon. Registration is required.

• **ALTERNATIVE HEALING AND HOLISTIC HEALTH SEMINAR** on Thurs., March 20, at 11 a.m. at Maple Suites Senior Independent Living (30 Holiday Drive, Dover, 742-8820) with Marilyn Carter. She will pres-

ent about holistic medicine. Registration is required.

• **HEALTHCARE COVERAGE ENROLLMENT** on Wed., March 24, from 10:30 a.m. to 2:30 p.m. to understand the right coverage for you at New England College (62 North Main St., Concord, 715-2306, necc.edu).

• **PREPARE FOR SURGERY** with a guide to mind-body techniques at St. Joseph Hospital (172 Kinsley St., Nashua, 595-3168, stjosephhospital.com) on Mon., March 24, April 28 and May 19, from 4 to 6 p.m. This seminar will teach you how to deal with upcoming surgery, headaches, anxiety and insomnia.

• **SUPPLEMENTING GOOD HEALTH SERIES** The Holiday Inn (172 N. Main St., Concord, 225-6840, concordfoodcoop.coop/classes) will hold a class about dietary supplements on Monday nights from 6 to 7 p.m. from now through March 24. The cost is \$35. Reservations are required.

• **TOXIC STAPLE: GLUTEN**, a workshop with Anne Sarkisian, will give a presentation about gluten sensitivity on Tues., March 25, at the Hollis Social Library (2 Monument Square, Hollis, 465-7721, hollislibrary.org).

• **ASK A NUTRITIONIST** The Concord Food Co-op (24 S. Main St., Concord, concordfoodcoop.coop/nutritionist) will hold a free class with a registered dietitian on how to eat healthier on Tues., March 25, from 12:30 to 2:30 p.m., Sat., April 5, Tues., April 29, Sat., May 3 and Tues., May 27, from noon to 2 p.m.

Blood drives

• **BLOOD DRIVE** at St. Joseph Hospital (172 Kinsley St., Nashua, redcross.org) on Thurs., March 13, from 9 a.m. to 3 p.m.

• **BLOOD DRIVE** at Hannaford (175 Coliseum Ave., Nashua, redcross.org) on Fri., March 14, from 11 a.m. to 4 p.m.

• **BLOOD DRIVE** at Hollis Brookline High School (24 Cavalier Court, Hollis, redcross.org) on Fri., March 14, from 11 a.m. to 4 p.m.

• **BLOOD DRIVE** at Merrimack Valley Baptist Church

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Weepy axle clamps: a problem, or not?



Dear Tom and Ray:

I have a 2009 Subaru Outback, currently with 54,000 miles. Since April 2012, every time I take it in for an oil change (at two different places), I am told that the front axle clamps have failed and are seeping grease (last year, left axle; this year, both sides) and that they should be replaced by the dealer under the power-train warranty before the car reaches 60,000 miles. Every time I take it back to the dealer (three times), I'm told that it's not a problem and it's not covered under the warranty. The dealer's service department cleans around the clamps, says the clamps are not serviceable, that it's "very minor seepage" and that they'll monitor it at the next

service. New clamps will cost \$130. Who do I believe, and should anything be done? Is this leakage setting me up for other, more expensive problems in the future? — Karen

TOM: In our experience, Subaru axle clamps do tend to seep grease. ... I don't know why this happens on Subarus. It may be the unique angle created by their higher-mounted differentials that makes the CV boots hard to seal well against the CV joint housing.

RAY: But we've also noticed that the minor seepage usually does not lead to imminent, disastrous axle failure.

TOM: But without seeing your car, it's impossible for us to know how badly yours are leaking. If it's really minimal seepage, the dealer may be right. AND lazy. But also right.

RAY: On the other hand, if it looks like grease has been slung all over the place, like after my brother tries to make lunch, that indicates a more serious leak, and then the answer to your question is yes, that will eventually lead to hundreds of dollars in repairs when your CV joint fails due to lack of lubrication.

TOM: The problem is that you're not sure who to trust in this situation. On the one hand, you've got a couple of oil-change guys who might not be Subaru experts, and on the other hand you've got a Subaru dealer who

may have an interest in not fixing your car for free, perhaps because he won't be reimbursed under warranty from Subaru.

RAY: So my recommendation would be to find an independent repair shop that specializes in Subarus.

TOM: We maintain a free database of recommended mechanics all over the country (mechanicsfiles.com). These are shops that have been reviewed and vouched for by our newspaper readers and radio listeners. And if you enter your zip code, you'll get a list of highly rated shops in your area. Then you can look for one that has some Subaru expertise, and ask them to take a look and tell you what they think you should do.

RAY: My guess is that the dealer probably is right in this case. But a second opinion will give you peace of mind.

Dear Tom and Ray:

I recently began driving my 2007 Dodge Caliber around with a "carstache" mustache on the grill. Don't ask me why, but I did. While driving with it on, I've noticed that the external temperature gauge reads particularly high, maybe around 20 degrees higher than the actual outside temperature. I have glanced at the engine temperature gauge, and it's completely fine. I figure

the mustache isn't letting air run over the radiator sufficiently, but if the engine isn't overheating, I'm guessing it's not awful. Is this something to be worried about? Thanks.

— Nathan

RAY: Nah. I'd worry more about your ability to ever get a date again, Nathan.

TOM: I like 'em. And they're a lot more family-friendly than, say, truck ... danglers. I'm with you, Nathan. Keep the carstache. ... What's happening is that your carstache is blocking the temperature sensor that reads the outside temperature. It sits right in front of the radiator on most cars.

RAY: That's what's causing you to get an incorrect reading of the outside temperature on the dashboard. But I doubt it's having any noticeable effect on airflow through the radiator at all. You can confirm that, if the engine temperature gauge is reading right where it's always been.

TOM: I mean, you're right to at least be concerned about whether you're blocking the radiator. In general, that's not a good idea. And maybe if you were sporting something thicker, like a Tom Selleck, you could possibly block enough air flow to make the engine run hotter than it should.

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HISTORY OF IRISH

The Nashua Public Library (2 Court Street, Nashua, 589-4600, nashualibrary.org) will host Christopher Daley, a historian, on Sunday, March 16, at 2 p.m. Daley will give a presentation about the history of Irish immigrants in Boston.



(517 Boston Post Road, Merrimack, redcross.org) on Mon., March 17, from 11 a.m. to 4 p.m.
BLOOD DRIVE at St. John Neumann Church (708 Milford Road, Merrimack, redcross.org) on Tues., March 18, from 8:30 a.m. to 1:30 p.m.
BLOOD DRIVE at Nashua Elks Lodge (120 Daniel Webster Hwy, Nashua, redcross.org) on Thurs., March 20, from 2 to 7 p.m.
BLOOD DRIVE at Hollis Congregational Church (3 Monument Square, Hollis, redcross.org) on Sun., March 22, from 10 a.m. to 3 p.m.

Marketing and Business Career open calls & job fairs

MANCHESTER JOB & RESOURCE FAIR on Wed., March 19, from 10 a.m. to 2 p.m. at Mount Washington College (3 Sundial Ave., Manchester, 228-4004, nhes.nh.gov).
RESUME WRITING WORKSHOP to be held at The Nackey S. Loeb School of Communications (749 E. Industrial Park Drive, Manchester, 627-0005, loebsschool.org) on March 24, from 5:30 to 8 p.m.
MONADNOCK REGIONAL JOB FAIR on Tues., March 25, from 10 a.m. to 3 p.m. at the Best Western Sovereign Hotel (401 Winchester St., Keene, 352-1904 x96313). Employers will be looking for full and part-time employees.

Marketing

SOCIAL MEDIA MARKETING WORKSHOP at the Holistic Self Care Center (12 Murphy Drive, Nashua, 883-1490, thehsccenter.com) on Wed., March 19, from 6 to 8 p.m. The fee workshop will show how to market through social media.
BUSINESS WITH EMAIL AND SOCIAL MEDIA will be on Tues., March 25, from 5:30 to 8:30 p.m. at the University of New Hampshire Manchester (400 Commercial St., Manchester, 666-7561, merrimackvalley.score.org). Cost is \$25. Learn how to run a business with online marketing.

Networking

BUSINESS SHOWCASE with Kearsarge Area Chamber of Commerce on Fri., March 14, from 5:30 to 7:30 p.m. at College of St. Mary Magdalen (511 Kearsarge Mt. Road, Warner). See what businesses in the area are offering. The cost to attend is a donation to the local food pantry. There will also be raffles.
FACTORS FOR SUSTAINING A BUSINESS workshop will be at Gibson's Bookstore (45 S. Main St., Concord, 224-0562, gibsonsbookstore.com) on Thurs., March 27, from 7 to 8:30 p.m. Free.
COMMERCIAL LENDING FOR SMALL BUSINESSES with the Souhegan Valley Chamber of Commerce (69 Route 101A, Amherst, 673-4360) on Thurs., March 27, from 8:30 to 10 a.m. The workshop will focus on financing, what lenders require and the type of institutions that lend to small businesses. Tickets \$10 per person and include materials and refreshments.

Personal finance

TAX HELP at the Rodgers Memorial Library (194 Derry Road, Hudson, 886-6030, rodgerslibrary.org) will take place on Tuesdays through April 15, from 9:30 a.m. to 6:30 p.m. Tax help will be for seniors or low-to-moderate-income families.
HOME BUYING SEMINAR at the CATCH Neighborhood housing (76 S. State St., Concord, 626-4663, nwsnh.org) on Sat., March 15, from 8:30 a.m. to 4 p.m. This free program will help with buying a home.

Miscellaneous Bake/yard sales/ fundraisers/auctions

COMMUNITY INDOOR YARD SALE with the Bedford Women's Club on Sat., March 15, from 9 a.m. to 1 p.m. at the McKelvie School (108 Liberty Hill, Bedford).
BASKETS FOR BOOKS at the Exeter Public Library (4 Chestnut St., Exeter, 772-3101, exeterlibrary.com) on Fri., March 21, at 5:30 p.m. There will be a dinner and a silent auction.

INDOOR YARD SALE with the Friends of the Weare Public Library at Weare Town Hall (16 North Stark Highway, Weare, 529-2044) on Sat., March 29, from 9 a.m. to 2 p.m. Donors may drop off items on Fri., March 28, from 1 to 6 p.m. No furniture or clothing.
SILENT AUCTION & DESERT BUFFET at St. James UMC (646 Daniel Webster Highway, Merrimack, rdheta1@yahoo.com) on Sat., April 5, from 1 to 4 p.m. Cost is \$3 to support the Boy Scout Troop 401 programs.

SPRING CONSIGNMENT SALE at Hellenic Center (219 Long Hill Road, Dover, 742-2002, childrens-museum.org) on Sat., April 5, from 9:30 a.m. to 4 p.m. and Sun., April 6, from 10 a.m. to 1 p.m. with the Children's Museum of New Hampshire. Items on sale will be for babies and teens.
HSFN YARD SALE will benefit the Humane Society of Nashua (5 Hudson Park Drive, Hudson,) on Sat., April 12, from 8 a.m. to 2 p.m. and Sun., April 13, from 8 a.m. to noon. The sale features donated items. Drop off donations Sat., April 5, through Wed., April 9.

SILENT AUCTION to support Capital City Children's Camp at the Word of Life Christian Fellowship (95 Old Loudon Road, Concord, wordoflifenh.org) from Sun., April 27, through Thurs., May 4, from 9:30 a.m. to 1 p.m. each day.

Expos/festivals/fairs

OLD HOUSE AND BARN EXPO on March 15 and March 16 from 9 a.m. to 5 p.m. at the Radisson Hotel (Manchester). Tickets are \$10. Explore garden, architecture, history and preservation strategies.
MAGICKAL MARKETPLACE AND PSYCHIC FAIRE will take place on Sat., March 29, from noon to 7 p.m. at the Radisson Hotel (11 Tara Blvd., Nashua, themagickal-marketplace.com). Admission is \$6 but with a donation of a nonperishable food item, price is \$4.
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IN/OUT HEALTHY HIPPO

Get strong, live long

Muscle Development 101

By Joel Bergeron
listings@hippopress.com



As spring approaches, New Year's resolutions fade. Why? For most, it's because they haven't seen results in the mirror to justify continuing an exercise regimen. If a workout isn't working out, why do it? But don't give up. Developing a physique that turns heads is simpler than you think.

If the thought of pushing an iron can around is intimidating, keep in mind that strength training provides some unique health benefits that cardiovascular workouts fall short of. You can nearly eliminate the risk of osteoporosis (brittle bones leading to broken hips, wrists, arms and legs), significantly improve quality of living later in life (the No. 1 reason for losing independence is the inability to walk, stand or climb stairs), and speed up your metabolism. You burn stored fat quicker with more muscle mass, helping you get that body you want even when you're not at the gym.

The total amount of weight lifted each day is what determines how much the muscles grow in size. The total amount of work performed for an activity is called the volume of work. For example, lifting a 20-pound dumbbell 10 times means you lifted a total of 200 pounds. Repeat that for three sets and you've accumulated 600 pounds. To reach that same 600-pound total, you can lift a 50-pound dumbbell for six reps (300 pounds) for two sets — but you've done it in less time!

As your fitness rises and you lift more weight, work capacity (ability to sustain a total workload) improves, subsequently allowing you to perform a higher volume of work. Strength training regularly promotes this process and you develop a better physique. Each time you work out, write down what you do, and not just the reps, sets, and weights for each exercise, but also the total volume lifted.

If you're getting fatigued, you can lift less weight for more reps to increase your total volume. For instance, say in Week 1 you lifted 40 pounds x 5 reps x 10 sets — you accumulated 2,000 pounds (1 ton!). But



when Week 2 rolls around, maybe you're tired from a long day at the office; lifting 20 pounds x 10 reps x 10 sets would net you the same. It all comes down to simple numbers. Every five weeks, reduce your volume to avoid burning out or increased risk for injury.

Aim to use multi-joint exercises such as squats, presses and rowing exercises to develop groups of muscles together for better results and to save time. Isolation exercises or selectorized machines targeting a single muscle group can be futile and do not translate well to real-world movements. Multi-joint exercises do more than just build muscles; coordination and balance improves, and they better mimic day-to-day activities such as climbing stairs, rising from a seated position and lifting objects.

Work each muscle group with strength activities twice a week to create a carry-over effect. Once a week will only maintain your current fitness. And consider this last thought: lifting weights regularly won't turn you into a body builder, so stop using that excuse to avoid getting strong and healthy!

Do you have a question about health and fitness that you'd like answered in the Healthy Hippo? Email Joel Bergeron at info@nlpstrength.com. Joel is a former NCAA D1 and professional sports coach and holds a master's degree in sport science. Be sure to check with your doctor before changing your eating habits or embarking on a new exercise program.

CHIC FAIR at the Roundabout Diner (Portsmouth traffic circle, Portsmouth) on Sun., March 30, from 10 a.m. to 4 p.m. Cost is \$30 for a 20 minute reading.

Holiday events

• **PARENTS/KIDS NIGHT OUT** for St. Patrick's Day on Fri., March 14, from 6:30 to 9:30 p.m. at KinderCare (3 Holiday Circle, Nashua,

897-1255, kindercare.com). There will be decorating cookies, crafts and pizza. There will also be a showing of *The Crows*. \$25 per child.

• **PURIM** holiday will be celebrated on Sat., March 15, at 8 p.m. at the Etz Haymin Synagogue (1½ Hood Road, Derry, 432-0004, etzhayim.org). Adults and children should dress in costumes and

see a presentation of Purim from a band. There will also be a contest for most creative Purim cookies. There will also be a children's carnival on Sun., March 16, from 10 a.m. to noon.

• **ST. PATRICK'S DAY PARADE** on Sun., March 30, starts at noon in downtown Manchester.

Fishing on the fly

Classes getting underway for beginning fly fishing

By Kaitlin Joseph
kjoseph@hippopress.com

In the midst of snow and freezing temperatures, it might be hard to imagine standing alongside a flowing river on a warm, sunny spring morning. But soon enough, that scene is exactly where you might find Burr Tupper, a fly fishing enthusiast who likes to get a jump start on the season by sharing his angling obsession with others.

Tupper, a member of Merrimack River Valley Chapter of Trout Unlimited, teaches fly fishing classes with his wife, Mary, each year at the Amoskeag Fishways in Manchester.

“This program fills up every year. It’s very popular. We always say to pre-register and pre-pay, because the spots fill up fast,” said Rachel Brown, the program naturalist at the Amoskeag Fishways.

There will be four classes to teach beginners about fly fishing. Each class is two hours long. Once the classes are completed, Tupper will hold a clinic on Lake Massabesic so students can put what they learned in class into practice.

“We usually get around 20 to 25 people. Trout don’t live in ugly places, so the people who come are people who just want to enjoy being out there,” Tupper said.

Fly fishing is catching fish with artificial flies rather than live bait. The flies are sup-



Students learning how to fly fish with Merrimack River Valley Chapter of Trout Unlimited. Courtesy photo.

posed to emulate bugs or resemble larvae that fish might eat. Primarily, fly fishing is done while standing in the water, but on occasion, Tupper said, people will fish from boats or from a float tube.

Casting is done by the weight of the line rather than the lure pulling the line from the reel as it does in bait fishing.

“The classes will feature how to tie a fly in one class, all about what the fish eat, their habitat and the places they like to hide, about fish ecology and also about insect identification,” Brown said. “People will learn about different fishing techniques and the equipment they’ll use to go fishing.”

Tupper’s advice for beginners is simple. “I think one of the most important things is that obviously, you need to learn how to cast, but you have to learn how to read the water and understand the trout — what they are, what they eat — to catch it,” he said. “You need to know the microbiotics of the river system and how to present that fly to the fish. It’s like going to hunt a deer — you have to understand their habitat. The real key to me is that you have to understand how that plays into cold water. Trout can’t live in a polluted stream; they need cold clean water to exist.”

Tupper will also teach the importance of catch and release, he said.

He said Trout Unlimited deals with cold water conservation, and New Hampshire has around 1,500 members.

“One way we help is through fundraising and educating people on the benefits of cold water conservation,” he said. “We do things to help different watersheds by recruiting members through fly fishing and educate people on the pleasures and benefits of fly fishing as a sport.”

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News from the local food scene

By Emelia Attridge
food@hippopress.com

• **Capital area food news:** Butter's Fine Food and Wine (249 Sheep Davis Road, Concord) has announced on Facebook that, after seven years in business, it is closing its doors. Owner Kristy Ammann posted a photo of a sign to the shop's page that read, "Thank you for the love and support through this amazing journey. It's been gouda!" Ammann is currently teaching in the culinary program at Southern New Hampshire University. She noted in the Facebook status to "stay tuned for exciting things." Meanwhile, the Gyro House (58 N. Main St., Concord) opened this winter, with gyros and Mediterranean cuisine, and Wellington's Marketplace (124 N. Main St., Concord) is coming soon with plans to open later this month, according to the Concord Monitor. The marketplace will feature wines, cheese, meats and specialty food items as well as sandwiches and soups.

• **Holy eats coming to Laconia:** The Holy Grail announced in its email newsletter that it will be opening a second location in downtown Laconia. According to the announcement, a historical church has been purchased to be renovated into the new Holy Grail of the Lakes, much like its original Epping location. The grand opening will be announced this fall.

• **Wine Week sales increased:** A report from the New Hampshire Liquor Commission last week announced that sales increased 15 percent during Wine Week, compared to sales in 2013. The increase in sales is attributed to a new web app that guests could use during Wine Week and the Winter Wine Spectacular to order wines and record tasting notes. According to a press release announcing the sales report, the app accounted for 21 percent of all event orders at the Winter Wine Spectacular. The annual wine event raised over \$154,000 for Easter Seals NH's early intervention programs and has raised more than \$1.3 million for Easter Seals since it began 11 years ago.

• **New brews:** The Common Man and Smuttynose Brewing Company will now be distributing Common Man Ale in retail outlets across the state, according to a press release. Common Man Ale has been available on tap in the restaurants and will be bottled in 22-ounce "bomber" style bottles by Smuttynose Brewery. The Portsmouth-based brewery first introduced the Common Man's pale ale in 2002; it is made with two malts and two hop additions. "We're

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FOOD

Roving the Irish table

Local restaurateurs share their taste of home for St. Patrick's Day

By Emelia Attridge
food@hippopress.com

The truth is, corned beef and cabbage is an Irish-American institution. Ask for it in Ireland and chances are your server has never heard of the dish developed by immigrants in New York City. To learn more about home-grown Irish cooking this St. Patrick's Day, the Hippo sat down with two local restaurateurs with Irish roots to chat about what they remember in their own kitchens.

Michael Conneely is the owner of the Peddler's Daughter with locations in Nashua and Haverhill, Mass. He's lived in the United States for the past 25 years, but was born and raised in Carraroe (or An Cheathrú Rua) north of Galway in the Gaeltacht, the Irish-speaking part of Ireland. Neal Brown is the manager at The Shaskeen in Manchester. He's been living in the States for about 15 years and hails from Belfast.

"St. Patrick's Day in Ireland was more of a religious day," Conneely said. "It was kind of treated like a Sunday, really."

What was one of your favorite meals growing up?

Michael Conneely: One of my favorite meals — was called in Gaelic actually — it was called a "Blind Herring." It was a fish dish. The fish was boiled in fish stock and served with a cream onion sauce made out of milk, with boiled potatoes. That was one of my favorite dishes growing up.

Neal Brown: For home cooked meals, I used to love fried, smoked cod on Friday nights, and we'd have that with potatoes. It's just a good salty, fried fish — the stuff of dreams. The fish was obviously very readily available, plenty on Fridays.

Did you help out in the kitchen a lot when you were a kid?

MC: Oh, yes I did. I was the youngest of five. I used to cook with my mother on



Neal Brown, manager at The Shaskeen in Manchester. Emelia Attridge photo.

a regular basis, especially baking — as much as I could learn. I was very interested in food. ... At that time there wasn't a lot of television watching. We grew up on a farm, milk our own cows, fish for our fish ... we used to make blood sausage, stuff like that. We were self-sufficient.

NB: Yeah, my dad was the one that did the Sunday lunches, and in the evenings I was the one that would go in and make pancakes and we'd have pancakes for dinner every Sunday night. My mom taught me how to do that from a young age.

Is there a dish or food you miss that you can't find in the States?

MC: There's a lot of things. I think when people travel, I think their taste-buds change. The fish from home has a different taste to it, and the vegetables. ... I do miss all my own home grown stuff, especially the vegetables. That's what I miss. Not more so the dish, but the taste. The potatoes here that we get when we boil them, they're not as floury.

Irish Stew

From the Complete Irish Pub Cookbook.
Serves 4.

¼ cup all-purpose flour
3 pounds neck of lamb, trimmed of visible fat
3 large onions, chopped
3 carrots, sliced
4 starchy potatoes, such as russets, white round or Yukon gold, quartered
½ teaspoon dried thyme
3½ cups hot beef stock
salt and pepper
2 tablespoons chopped fresh parsley to garnish

Preheat the oven to 325 degrees. Put the flour in a plastic bag and season well with salt and pepper. Add the lamb to the bag, tie the top, and shake well to coat. Do this in batches if necessary. Arrange the lamb in the bottom of the casserole dish. Layer the onions, carrots, and potatoes on top of the lamb.
Sprinkle in the thyme and pour in the stock, then cover and cook for two-and-a-half hours. Garnish with the parsley and serve straight from the casserole dish. Serve with a side of Irish brown bread.

NB: I can't find my smoked cod. There was a very unhealthy, delicious thing that we used to get all the time at the local fish and chip shops in Northern Ireland called a pastie, not like a Cornish pasty or anything like that. The owner would take all his unsold potatoes, sausages, all the burgers, and just grind it into a compound, form it into a patty, batter and fry it. Just like a chip shop in a bag. An Ulster pastie was a traditional one. And I miss the bacon as well.

How would you describe the current food culture in Ireland?

MC: In the last 25 years it's grown leaps and bounds. ... The food culture right now is very forward. Again they're still doing a lot of organic stuff, but they're putting in all the French techniques. And the food tastes a lot better and people are more accomplished cooks now than they were.

NB: In Ireland it's always changing, I mean, in the past 20 years with the expansion of Europe and the migration of eastern Europeans come over to that part of the world. The last time I was in Dublin and Belfast you could almost find food from any corner of the world on the streets. Thirty years ago, a Chinese restaurant was the most diverse you had in Northern Ireland. Now you have Vietnamese, Australian and South African all on one street.

Where do you go when you're looking for a taste of home?

MC: I've got two locations, but when I'm not eating in my place, I like to go to Matt Murphy's in Brookline, [Mass.].

NB: There is a store I go to down in Greenland: British Aisles. They import goods and product from the UK. I've been going to them for a couple years now. ... Locally, it's hard for someone to get real authentic Irish food. Here, we have a twist on the American comfort food Irish style. Boiled dinners are hard to come by every 11 months out of the year.

What's the most traditional Irish item on your own restaurant's menu?

MC: I suppose the potato leek soup, and we also do a Irish breakfast. Potato leek soup is a staple of Ireland and we do it well. ... And of course our famous fish and chips.

NB: Our scotched eggs are really a surprise popular choice. Our Guinness beef stew is really, really good. It's very cliché. Even the bangers and mash. 🍷

Tasting festival

Chocolate, Wine & Cheese in Nashua

By Emelia Attridge
food@hippopress.com

International and domestic wines will be paired with foods from local artisan cheesemakers and chocolatiers during Nashua's first Chocolate, Wine & Cheese Festival on Friday, March 21.

It all starts with a Practical Wine Class presentation from WineNot Boutique owner and sommelier Svetlana Yanushkevich, who helped organize the event. Topics include "Wine Lingo 101," "How to talk about wine's legs and body without getting in trouble," and "How to choose wine for a large group when you pay for a dinner vs. when your boss pays."

Each wine vendor will have seven wines to taste with chocolate and cheese pairings, Yanushkevich said.

"It's going to be a very exciting event," she said. "I love wine so much, but for me it's also pairing amazing wine with amazing food and educating clients."

Participating local wineries include Grape Time Winery, LaBelle Winery and Sap House Meadery. Other wine vendors include Horizon Beverage Group and Monsieur Touton, a company that markets unique international wines with no "middle man," Yanushkevich said. Circa plans to bring a Spanish wine made in a monastery that dates back to the Middle Ages.

"It's a beautiful story of monks making grapes from the 11th century, and it's still



operating," Yanushkevich said.

It's those kinds of stories that guests will get a chance to hear at the festival. They'll be able to meet and chat with wine vendors and sample chocolates with chocolatier Richard Tango-Lowy of Manchester's Dancing Lion Chocolate, as well as Chocolate Plus, Taza Chocolates, Ryly's Cheese and Seacrest Cheese. The program will include other vendors with food pairings like Cavedoni balsamic vinegars and olive oils from Cucina Aurora.

The festival benefits the New Hampshire Food Bank and Newspapers in Education, a program that gives students access to their local newspaper. It's a collaborative effort between Yanushkevich and The Nashua Telegraph. Yanushkevich had previously held a similar wine, cheese and chocolate event on a smaller scale at a local church. That event became the inspiration for this year's festival.

"It happened two years ago, but a lot of people still remember the event because it was so much fun," Yanushkevich said. 🍷

Chocolate, Wine & Cheese Festival

When: Friday, March 21, from 6 to 8:30 p.m.

Where: Sky Meadow Country Club, 6 Mountain Laurels Drive, Nashua

Cost: Tickets cost \$25, or \$5 for a designated driver ticket, 21 plus only.

Visit: nashuatelegraph.com/events

Food Lectures/author events/festivals/fairs

- **WORLD CUISINE TOUR** Thursdays, through May 15, from 10:30 a.m. to 7:30 p.m., at the Concord Food Co-op (24 S. Main St., Concord, 225-6840, concordfoodcoop.coop). Each week features cuisine from a different themed region around the world. Diners receive stamps each Thursday in a passport. Earn five stamps, receive free admission to a future Co-op event; earn 10 stamps and receive two passes to a future Co-op event. Visit concordfoodcoop.coop to see the menu each week.
- **TEA AND TUNES** Fri.,

March 14, from 7:30 to 9 p.m. at The Cozy Tea Cart (104 Route 13, Brookline, 249-9111, thecozyteacart.com), with Celtic artist Kate Chadbourne. Advanced ticket purchase required, cost \$7.

- **MUNCH MADNESS** Rochester restaurants host special items for tournament voting during NCAA basketball playoffs, Sun., March 16, through Mon., April 7. Participating restaurants will offer a special and diners can vote for their favorite. See rochestermainstreet.org.
- **FARM & FOOD FILM** Screening *The World According to Monsanto* on Mon., March 17, from 6 to 7:30 p.m. at A Market (125 Loring St., Man-

chester, 668-2650, myamarket.com); Part 1 of two sessions viewing and discussing the film.- **STARTUP NIGHT** at Leaven Beer and Bread House (44 Market St., Somersworth, 692-0157, leavennh.com) on Thursdays, March 20, and April 17. Audience members participate in entrepreneurial game show to pitch ideas and collaborate.
- **COOK AND SHARE BOOK GROUP** Thurs., March 20, at 6:30 p.m. at Chester Public Library (3 Chester St., Chester, 887-3404, chesterlibrary.com), book club and potluck preparing recipes from *New England Soup Factory Cookbook*. Call 887-3404.
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FOOD

Pig out

Former Friends Diner owner opens The Bacon Barn



The Bacon Barn in Londonderry. Emelia Attridge photo.

By Emelia Attridge
food@hippypress.com

Roger Masson is a self-described bacon fanatic. It's not quite there yet, but he'd like to see his new Londonderry restaurant, The Bacon Barn, covered in bacon paraphernalia.

"When I'm done you should be tripping over bacon when you come in here," Masson said. "I already built a diner, now I want to build a destination. I don't want to build a place where people go to eat, I want to build a place where people come to eat."

And that was why he decided to call the new eatery The Bacon Barn, since "the word bacon had its own following," he said.

The Bacon Barn is located on Route 28 in Londonderry, in the building formerly occupied by the Route 28 Roadhouse. The license plates are gone, and in their place is a classic diner look with bright blue walls, but Masson knows there's not enough bacon.

"We have probably about a 400-pound pig that will go on the roof. ... We already got the OK that the roof is strong enough for it," he said. Not to mention the bacon store he's planning. "It'll have all your bacon air fresheners, your bacon cologne — everything for the bacon fanatics that we are."

The Bacon Barn currently serves breakfast and lunch daily until 2 p.m. Masson said many of his customers are coming from Allenstown, where he used to own Friends Diner. He'd been wanting to open a diner on Route 28 for years.

"I call [Friends Diner] my practice diner," he said. "I've always dreamed of my diner being here, even when I opened my other one."

The menu features comfort diner food like specialty omelets, waffles and pancakes and eggs benedict for breakfast. Cheeseburgers, club sandwiches, wraps, baskets plus had-dock and steak plates are found on the lunch menu.

The most popular plate is the Po the Pig cake, a plate assembled with two pancakes, strawberry ears, banana eyes and a blueberry snout that resembles the face of a pig. Masson said that all the kids ask for it. The chili and cheese hashbrown casserole is also a popular plate that appears on the specials board, along with the bacon cheeseburger.

Eventually, five varieties of flavored bacon will be on the menu, Masson said. Right now, there's a Kentucky bourbon bacon, and the next to be introduced will be jalapeno bacon and peppercorn bacon. Masson said that maple and hickory flavored bacons will be added later.

Masson has always been in the kitchen and is the cook at The Bacon Barn. He's teaching his son how to cook, and his wife and kids are all involved in The Bacon Barn. Friends Diner staff are now working in Londonderry, too.

"That's loyalty," Masson said.

Masson started renting the property in June and continued to operate Friends Diner during the renovation. After a morning at Friends, he and his wife would stop by The Bacon Barn to lay down tile or paint the walls. Friends Diner closed in late September, and The Bacon Barn opened in October.

"I live in Londonderry, so I talked to the owner quite a bit when he was selling," Masson said. "I was driving by one day, it was probably June of last year, and I see a 'for rent' sign."

Masson has big plans for the bacon-ification of his new eatery, including having the siding painted like strips of bacon. In the meantime, The Bacon Barn has Po the Pig, its mascot, and plenty of bacon humor on its Facebook page.

The Bacon Barn

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Weekly Dish

Continued from page 38

very proud to bring Common Man Ale to the off-premise trade,” Peter Egelston, founder and president of Smuttynose Brewing Company, said in the press release. “The beer appears on tap occasionally at Smuttynose, where it’s a staff favorite.” The new brews will be available for retail in 25 Market Basket stores in the state and over 39 other specialty stores. In other beer-related events, White Birch Brewing of Hooksett announced its release of two new beers: Barrel Aged Tripel and Bill’s #41 Stout. The tripel has been crafted in two French oak barrels originally containing a 4-year-old apple brandy, and the stout is a winter inspiration from founder Bill Herlicka, who brews something new each year for his birthday. See whitebirchbrewing.com.

• **CSAs available:** Brookford Farm (250 West Road, Canterbury, 742-4084, brookfordfarm.com) will begin its Spring CSA session the week of Monday, March 17, and run through Sunday, June 8, while the vegetable share starts Monday, April 21. Shares available include options with dairy, pork, beef, bread, eggs and vegetables like carrots, beets, cilantro, salad mix, kale, broccoli raab and arugula. A CSA is also offered through the Nashua Farmers Market, scheduled to open Sunday, June 22; see downtownnashua.org.

• **Dramatic dining:** Manchester’s Majestic Theatre will return to The Chateau (201

Hanover St., Manchester) for another murder mystery dinner theater performance on Friday, April 4, and Saturday, April 5, at 7 p.m., and again on Sunday, April 6, at 1:30 p.m. Tickets include meals and performances of *Deadly Image*, performed by a Majestic Theatre ensemble cast and cost \$35, or \$32 for the Sunday matinee luncheon. Tickets should be purchased through the Majestic Theatre, not Chateau, and advance registrations are required. Call 669-7469 or visit majestictheatre.net. The same weekend, Friday, April 4, through Sunday, April 6, Colby Hill Inn (33 The Oaks, Henniker, 428-3281, colbyhillinn.com) will host “Dine, Wine and Deception: A Weekend to Die For,” a murder mystery event with actors Sophia Raab Downs and Jason Downs. Tickets for the weekend cost \$499 per couple, or \$89 per person for the murder mystery three-course dinner on Sunday night.

• **Get ready for maple syrup:** The New Hampshire Maple Producers Association will host its 20th annual New Hampshire Maple Weekend on Saturday, March 22, and Sunday, March 23. In 2013, over 110 sugar houses in the state were open for the weekend. Participating sugar houses offer tours and other special programming for the weekend, like hayrides, tastings, sugar on snow or even meals if a kitchen is available. To find a participating sugar house near you, visit nhmapleproducers.com.

CHEESE FESTIVAL Fri., March 21, from 6 to 8 p.m. at Sky Meadow Country Club (6 Mountain Laurels Drive, Nashua) with over 50 international and domestic wines, artisan chocolates and cheese for tasting. Also includes half-hour pairing seminar. Tickets cost \$25, and \$5 for designated drivers. Festival benefits Newspaper in Education. Visit nashuatelegraph.com/events.

• **AUTHOR EVENT** Terry Golsen presents her new book *The Farmstead Egg Guide & Cookbook* on Sat., March 22, at 2 p.m. at the Toadstool Bookstore

in Milford (614 Nashua St., Milford, 673-1734, toadbooks.com).

• **MAPLE WEEKEND** Maple Producers Association celebrates sugaring season Sat., March 22, and Sun., March 23 with events and programs at participating sugar houses. See nhmapleproducers.com.

• **FEASTING FROM LITERATURE** Tues., March 25, at 6:30 p.m. at the Amherst Town Library (14 Main St., Amherst, 673-2288, amherst.lib.nh.us). Chef Liz Barbour will share recipes found within novels with cooking demo and sample of

two recipes. Admission is free, but registration is required.

• **BARBECUE 101** Sat., March 29, at 2:30 p.m. at Nesmith Library (8 Fellows Road, Windham, 432-7154, nesmithlibrary.org) with the New England Barbecue Society. Intro to slow-cooked southern-style barbecue, includes demonstration and topics like cooker types, rubs, sauces, fuel, sanitation and equipment plus overview on competition cooking. Registration required, call 432-7154.

• **WHAT’S COOKIN’ BOOK-CLUB** Sat., March 29, from 11 a.m. to 12:30 p.m. at Goffstown

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IN THE KITCHEN WITH PETER TSOUPELIS

Peter Tsoupelis is the owner and executive chef at Amphora (55 Crystal Ave., Derry, 537-0111, amphoranh.com). He opened Amphora after leaving a career in the corporate restaurant industry but has always been in the kitchen in one role or another. He first began working in catering at a young age, and during college he worked in independently operated restaurants. He comes from a family of cooks, too — his father has a restaurant in New York. "It's definitely in the blood; there's some other chefs in the family," he said. At Amphora, Tsoupelis said, many of his customers are regulars, but a big niche is in corporate catering, "because the way we put it together is a very healthy alternative to fast food out there," he said.



What is your must-have kitchen item?

Probably my favorite one has got to be my food processor. It makes my life so much easier.

What would you choose for your last meal?

Probably lamb chops. Actually, just how we [make them here] with our coarse pepper and sea salt with freshly squeezed lemon and oregano. But it's all about the quality of the meat. We actually use a prime grade with the lamb chops; our guy did all the hard work with that and we just finish it off nicely.

Favorite restaurant besides your own?

I really enjoying going to the Bedford Village Inn. They do a great job there. I've found it very consistent and high quality. I don't get to go out as much as I like to, but they've always been a 10 out of 10 for me.

What celebrity would you like to see eating at your restaurant?

I actually saw him at Pinkerton Academy not too long ago and invited him myself: Colin Hay. I'd love to see him eating in my dining room. And I'm going to send him a copy of this article.

What is the biggest food trend in New Hampshire right now?

Local. We kind of fill that niche in a few different ways. When they're available, we go to some local people for lamb. We actually do pig roasts too and work with some really nice guys out of Concord for our pigs, and our greenhouse for all our vegetables.

What is your favorite meal to cook at home?

My favorite meal at home has got to be leftovers. I like anything I don't have to cook when I'm at home. But if I had to, my favorite meal would be to throw some steaks on the grill, some home-frites and rib-eyes.

What is your favorite dish on your restaurant's menu?

If I had to narrow that down to one thing, it would be psari-sto-filo. What it is, we use a fresh haddock or cod, depending on the season, and a very intense mushroom cream sauce. The intensity of the mushroom comes through. ... Then we wrap it in phyllo. You put anything in phyllo, it tastes good. You put something really good in phyllo, it's amazing.

— Emelia Attridge

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Lamb Souvlaki with Tzaziki Sauce

From the kitchen of chef Peter Tsoupelis.

- 2 pounds grass-fed leg of lamb, deboned and diced
- 2 ounces Amphora Signature Seasonings
- 1/4 cup olive oil
- 1 large cucumber
- Sea salt
- Goat yogurt
- 3 cloves garlic, minced
- 1/4 cup high quality Greek olive oil
- salt and pepper

Debone and dice grass-fed leg of lamb into one-inch pieces. For every two pounds of diced lamb, use two ounces Amphora Signature Seasonings and 1/4

cup olive oil. Mix well, cover, refrigerate overnight. Soak skewers in water to prevent burning, and skewer equal portions of meat. Grill to medium-rare on very hot grill.

To make the tzaziki sauce, grate and drain large cucumber. Sprinkle grated cucumber with sea salt to purge water. Mix equal parts grated cucumber with goat yogurt. Add in three cloves of garlic, minced, 1/4 cup high-quality Greek olive oil and mix. Salt and pepper to taste. Refrigerate at least two hours.

Serve with grilled pita brushed with olive oil.

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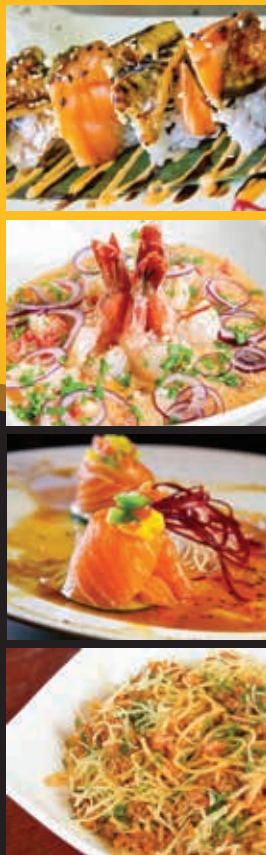
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Chicken Tikka



Without a doubt, the most popular Indian food dish is Chicken Tikka Masala. It's incredibly delicious and appeals to even the pickiest eater — it's a sure thing in most Indian restaurants. So, what is this delish dish? Basically, it's chunks of chicken (chicken tikka) in a red, creamy and spicy sauce. The sauce is what makes it, to be sure, and finding the right recipe proves to be quite challenging, as they are innumerable.

Chicken tikka is typically cooked in traditional clay ovens that are heated by charcoal or wood to very high temperatures. Marinated meat is typically cooked on skewers above the heat while flatbread like naan is slapped to the sides to bake. Tandoor ovens

aren't common in everyday life around here so I am settling for my slow cooker. While a charcoal grill would produce the most similar result to a tandoor oven, there's no way I'm going outside to use it. Plus, I like the idea of the chicken tikka slowly cooking in its bed of delicious vegetables and spices.

Speaking of spices, garam masala is the key to this dish. A mix of Indian spices like coriander and cardamom, it is most easily found in an Asian market. If you don't live near one, try Amazon (where I buy just about everything...). Enjoy the recipe below — and how it spices up your entire house with its rich aroma!

— Allison Willson Dudas

Chicken Tikka Masala

Adapted from Real Simple

- 1 15-ounce can crushed tomatoes
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 2 tablespoons tomato paste
- 2 teaspoons garam masala (Indian spice blend)
- kosher salt and black pepper
- 1½ pounds boneless, skinless chicken breasts, cut into very large chunks (about 3 large)

- 1 red pepper, sliced
- 1 cup basmati or some other long-grain white rice
- ½ cup heavy cream

Combine everything in the bottom of a slow-cooker except for chicken, rice, cream and pepper. Place chicken over mixture and cook on low for 8 hours. Cook rice when chicken is about done, adding the pepper with about 20 minutes to go. Just before serving, mix the heavy cream into the chicken tikka masala. Serve and enjoy!

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Chef events/special meals

• **WILD IRISH BREAKFAST** Fri., March 14, from 7:30 to 9 a.m. at The Radisson Hotel Nashua (11 Tara Blvd., Nashua). Includes bagpipes, comedy, guests Sen. Kelly Ayotte, Gov. Bobby Jindal of Louisiana, Gov. Maggie Hassan, Sen. Peggy Gilmour and Nashua Mayor Donnalee Lozeau. Tickets cost \$85 and benefit PLUS Company. Call 889-0652.

• **TABLE TALK** Networking event with dinner and dancing benefits the Palace Youth Theatre, Palace Teen Company and Palace Teen Apprentice Company on Fri., March 14, at Southern New Hampshire University (2500 N. River Road, Manchester). Open to the public for the first year ever. Tickets cost \$650 per corporate

table, public seating costs \$60 per person. Call 668-5588 or visit palace-theatre.org.

• **BOBBY STEPHEN ST. PATRICK'S DAY CELEBRATION** Mon., March 17, from 5:30 to 7:30 p.m. at the Executive Court Banquet Facility (1199 Mammoth Road, Manchester). Includes buffet with traditional St. Patrick's Day menu, NH Pipers & Drums, step dancers and Tom Bartlett and the Unicorn Band. Program benefits Easter Seals Youth Transitional Services' Bobby Stephen's Fund for Education. Tickets cost \$50. Visit eastersealsnh.org/events.cask

• **DINNER PARTY AT THE LION** Mon., March 17, from 6:30 to 8:30 p.m. at Dancing Lion Chocolates (917 Elm St., Manchester, 625-4043, dancinglion.us). "Family style" dinner with vegetarian dishes. Cost \$40. Reservations required.

• **CELTIC CELEBRATION** Hearthside dinner at the Remick Museum and Farm (58 Cleveland Hill Road, Tamworth,

323-8382, remickmuseum.org) on Sat., March 18, from 5 to 7 p.m. Cost \$40. Call 323-7591 to make a reservation. Reservations required.

• **CLUE, A MURDER MYSTERY Dinner** on Sat., March 15, at Stages at One Washington (1 Washington St., Suite 325, Dover, 842-4077, stages-dining.com). Reservations required; visit OpenTable.com.

Church/charity suppers/ bake sales

• **COMMUNITY BREAKFAST** Sundays from 8 to 11 a.m. at Philbrick-Clement Post 65 American Legion (12 N. Stark Highway, Weare, 529-2722, nhpost65.us). A la carte breakfast menu benefits the Legion and community outreach. Cost ranges from \$3.50 to \$7.

• **COMMUNITY SUPPER** Held the third Wed. of each month from 5:30 to 6:30 p.m., at the Unitarian Universalist Congregation in Milford at 20 Elm St. See uucm.org.

Scones

I've always been a sweet breakfast type of girl. Sign me up for sugary cereals, cinnamon bagels, waffles or French toast any day of the week. My husband, on the other hand, is a no-nonsense-for-breakfast guy. He strongly prefers eggs, a bagel with herb cream cheese or, oddly enough, a bowl of noodles for his morning meal.

When we're both on the go, it's easy to forget to stop and enjoy a good breakfast. I'll grab a granola bar, he'll grab a cup of coffee, and we'll both head out the door for a day of work.

In my search to find a breakfast we could wrap up and take out the door with us, I found a recipe for scones. Now, when I think of scones I usually think of summer days and fresh-picked strawberries being mixed into dough and baked until golden brown. My mom used to take my siblings and me strawberry picking as kids, and we'd head home to bake sweet berry confections like cobblers, pies and scones.

But the recipe I found on Yahoo was for savory scones — made with cheese and scallions instead of anything sweet — and I thought it would be the perfect breakfast compromise.

The basic recipe for scones is pretty simple: flour, sugar, baking powder, salt, butter, milk and an egg. Top it off with nearly any addition you like, sweet or savory, and you



have a simple on-the-go breakfast that you can make the night before.

At first, I was hesitant about making savory scones. I couldn't imagine liking anything with scallions in it for breakfast. But as it turns out, savory scones are essentially thick, flavorful bread-like treats. Ditch the sugar and you're left with a moist, sumptuous cut of dough brimming with unexpected flavors.

I opted to use cheddar cheese with the scallions, and the finished scones reminded me almost of a dense omelet. The baked breakfast was a huge hit with the hubby, and he even sliced one open to use for a sandwich for lunch the next day.

I'll admit that the savory scones were better than I anticipated, having only made sweet ones before. And while the possibilities for new flavor combinations are endless — I'm thinking dill and pepper jack cheese next time — the recipe will stay essentially the same.

Add a pat of butter or a swipe of cream cheese and the scones are even better. I'll certainly be making more savory scones in the future, but I still think fresh fruit and a pinch of sugar in my morning scone is what I prefer — plus, they look prettier in pictures.

— Lauren Mifsud

Cheddar and Scallion Scones

Recipe courtesy Yahoo

3 cups all-purpose flour
5 teaspoons baking powder
½ teaspoon salt
¾ cup butter
1 egg, beaten
1 cup milk
Cheddar cheese and scallions to taste
*If you want to make sweet scones with fresh fruit, add ½ cup sugar to the dry ingredients.

Preheat oven to 400 degrees. Lightly grease a baking sheet. In a large bowl, combine all dry ingredients, then cut in the butter. In a separate bowl, beat egg and add milk. Stir the egg and milk mixture into the flour mixture until moistened. Add additional ingredients (e.g., cheddar cheese, scallions, strawberries, chocolate chips) as desired to taste. On a lightly floured surface, knead the dough lightly. Roll the dough out to ½-inch thickness and cut into approximately eight wedges. Bake for 15 minutes or until golden brown.

MASONS BREAKFAST

Sundays from 7:30 to 10 a.m. through March 30, at the Masonic Lodge, 12 South Road, Candia. Cost \$7 for adults, \$4 for kids 12 and under, no charge for kids under 6.

SWEET TASTE OF SPRING

Fundraiser for NH Audubon on Sat., March 15, from 9 a.m. to noon, at the Massabesic Audubon Center (26 Audubon Way, Auburn) with maple sugaring program at 9:30 a.m. or 11 a.m. Tickets cost \$15, or \$35 for families. Call 668-2045.

TURKEY SUPPER

March 15, from 4:30 to 6:30 p.m. at Bethany Chapel Community Church (54 Newbury Road, Manchester). Includes turkey, stuffing, gravy, mashed potatoes, squash, peas, cranberry sauce and a variety of pies. Tickets cost \$10 for adults, \$4 for kids ages 6 to 12, no charge for kids under 6. Call 497-2087.

CORNED BEEF AND CABBAGE SUPPER Sat., March 15, from 4:30 to 6:30 p.m., at Arlington Street United Methodist Church (63 Arlington St., Nashua, 882-4663, asumc.net). Also includes potato, carrots,

turnips, beverage, bread and dessert. Guests will also receive a free blood pressure screening during supper hours. Cost \$11 for adults, \$10 for seniors, \$6 for children, and free for kids under age 6.

ST. PATRICK'S DAY DINNER Sat., March 15, from 5 to 7 p.m. at Chester Congregational & Baptist Church, in Stevens Memorial Hall (1 Chester St., Chester, 887-4799, chesterhchurch.org). Includes corned beef dinner and Irish music entertainment. Cost \$12 for adults, \$5 for children under 12.

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FOOD



Mexican chocolate

Hola. ¿Como estás? ¿Quieres hablar de chocolate?

We all know chocolate is pretty awesome. So this week, I decided to venture beyond the confines of the normal chocolate choices — milk, semisweet, bittersweet — and try out something new: Mexican chocolate.

What makes Mexican chocolate Mexican?

For one thing, Mexican chocolate is more coarsely ground and thus a little grainier than the chocolate we are used to. It is usually flavored with cinnamon and is on the sweet end of the chocolate spectrum. Some versions also contain finely ground almonds, according to the Food Network's online food dictionary.

It only makes sense that Mexico has its own version of this universally popular food, as it was the ancient Aztecs who named it; their word for it was xocoatl, according to Smithsonian.com. And the first people to

consume chocolate were likely the ancient civilizations of Mexico.

Many recipes titled “Mexican Chocolate Something-or-Other” don't actually call for Mexican chocolate. Rather, they emulate the flavor by adding cinnamon and sometimes a pinch of cayenne to standard chocolate. The flavors go together wonderfully, so if you can't find genuine Mexican chocolate or don't want to go on a hunt for specialty ingredients, this method is a solid alternative.

If you are feeling authentic, look for the distinctive yellow and red packaging of Ibarra chocolate or the paper-wrapped tablets of Mexican-style chocolate made by Taza in Somerville, Mass.

For these simple shortbread cookies, I used Taza's cinnamon Mexican chocolate and pepitas I had left over from a previous baking project (though almonds would also be a tasty option). Enjoy.

Set aside. Stir chocolate in heatproof glass bowl set over simmering water until melted. Transfer chocolate to large bowl and allow to cool slightly, about 5 minutes. Add butter, ½ cup sugar, and salt to chocolate and beat with electric or stand mixer until well blended. Add flour and ground pepitas and stir until just blended — the dough will be very crumbly. Press dough into a 9-by-13-inch baking pan. Using the unpointed end of a skewer, poke several rows of holes in the dough. Bake until just firm to touch, about 20 to 25 minutes. Remove from oven and immediately cut into 30 to 36 finger-shaped cookies but do not remove from pan. Allow to cool completely, re-cut along existing lines, and remove from pan.

Mexican Chocolate Shortbread

Recipe adapted from Bon Appetit Desserts

- ¾ cup unsalted shelled pepitas
- 4 ounces Mexican chocolate, coarsely chopped
- 1 cup unsalted butter, room temperature
- ½ cup plus 2 tablespoons sugar
- ¼ teaspoon salt
- 2¾ cups all purpose flour
- 1 large egg white, lightly whisked

Preheat oven to 350 degrees. Spread pepitas on heavy baking sheet and toast for 10 minutes, until starting to become golden brown and fragrant. Remove pepitas from oven and turn oven down to 325 degrees. Once pepitas have cooled, grind in coffee or spice grinder until coarsely ground.



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- **CORNED BEEF & CABBAGE LUNCH** Sun., March 16, from noon to 2:30 p.m., hosted by the Brookside Youth Group at Brookside Congregational Church (2013 Elm St., Manchester). Cost \$8 for adults, and \$5 for kids ages 12 and under. Call 669-2807.
- **ST. PATRICK'S DAY MEAL** Mon., March 17, at 12:30 p.m. at Maple Suites Senior Independent Living (30 Holiday Drive, Dover, 742-8820). Advance registration required.
- **BREAD AND BOWL LUNCHEON** Sat., March 22, from 11 a.m. to 2 p.m. at Longmead-

ow Church (4 Wilsons Crossing Road, Auburn, 483-2907, longmeadowucc.org) includes chicken noodle soup, corn chowder, beef stew or chili. Cost \$7 for adults, \$4 for kids ages 5 and under, or \$20 per family.

• **CHOWDER LUNCH** Tues., March 25, from 11:30 a.m. to 1 p.m., at the Community Congregational Church Parish House (42 Post Road, Greenland, 436-8336, communitychurchof-greenland.org). Includes fish chowder, corn chowder, homemade bread, coffee or tea and homemade pies. Take-out is available. Cost \$7.

- **VETERAN'S LUNCHEON** For veterans who served in the Vietnam War on Sat., March 29, at 12:30 p.m. at Maple Suites Senior Independent Living (30 Holiday Drive, Dover, 742-8820). Advance registration required.
- **SPAGHETTI SUPPER AND GAME NIGHT** Sat., April 5, from 5 to 9 p.m., hosted by the Brookside Youth Group at Brookside Congregational Church (2013 Elm St., Manchester). Cost \$5 per person, or \$15 maximum per family. Call 669-2807.



Irish pour

Go Guinness and beyond

By Stefanie Phillips
food@hippopress.com

It isn't St. Patrick's Day without Guinness. Some may argue this Irish stout should only be enjoyed as a perfectly poured pint. If you want to challenge yourself and enjoy Guinness at home, the Guinness website can help teach you the art of the perfect pour. This brew is known for its dark hue but is actually ruby in color when held up to the light. If you are looking for the closest Guinness pouring pub, use thepubfinder.com app on your smartphone or the online version at Facebook.com/GuinnessUS.

While some Guinness drinkers would never mess with their perfectly poured pint, others like a nice Black and Tan (half Guinness and half Bass Pale Ale). But there are some other great takes on this, including:

- The Patriot:** half Guinness, half Sam Adams
- Koala Bear:** half Guinness, half Foster's
- Black Magic:** half Guinness and half Magic Hat #9
- Black Castle:** half Guinness, half Newcastle
- Black and Blue:** half Guinness, half Blue Moon
- Trojan Horse:** half Guinness, half Coke. Coke first, then Guinness.
- Black and Brown:** half Guinness, half Root Beer.

Irish Car Bomb: *Who hasn't had one of these?* Fill a shot glass with half Irish whiskey and half Bailey's Irish Cream. Drop into a pint of Guinness and chug. Drink it fast before the Bailey's curdles. And try to keep it down. There are many, many other takes on this. Get creative, or enjoy your Guinness pint as is!

Guinness doesn't always come in a glass. Some restaurants, like the Shaskeen in Manchester and the Peddler's Daughter in Nashua, add Guinness to their beef stew to give it an extra kick. But Guinness isn't the only stout beer out there if you are looking for something less commercial. There are many other kinds, including oatmeal and chocolate. Both are very popular during the cold winter months. Oatmeal stouts are brewed with oats, naturally, which often gives them a smooth texture. Chocolate malts give chocolate stouts their rich cocoa flavors. Smithwick's is another popular Irish ale, made by the same company as Guinness. Smithwick's dates back hundreds



of years, and there are now two varieties: a red ale and a newer pale ale. The red ale is one of the most popular Irish beers offered today. It is ruby in color with a creamy head. The pale ale was added in 2011, made with pale malt and Amarillo hops. Slightly different, this beer has a golden hue and fruity aromas.

If beer isn't really your thing but you still want to celebrate, try a Magner's Irish Cider, which has a slight kick with 4.5 percent alcohol. Some places, like the Shaskeen Pub in Manchester, have it on draft. It is reportedly the only Irish cider in the United States, made from 17 different varieties of apples. The apples are fermented using a unique yeast in the oak vats of Magner's Dowd's Lane Cider Mill. Then, the cider is left to mature for up to two years.

Finally, what's more Irish than Bailey's Irish Cream, which dubs itself "a perfect marriage of fresh, premium quality Irish dairy cream, finest spirits, Irish whiskey ... and recipe of chocolate flavors." It can be enjoyed many different ways and now comes in several flavors including vanilla cinnamon, hazelnut, caramel and coffee. Try it simply over ice or ice cream, in coffee or hot chocolate, in a mudslide or in an espresso martini.

Correction: In a recent column, I wrote that LaBelle Winery did not have any upcoming wine dinners. They actually have dinners scheduled monthly. Here are some upcoming dates: March 21, Maple, featuring Flag Hill Winery & Distillery; April 10, Wine vs. Beer pairings featuring Peak Organic; May 3, Spicy Night with jalapenos and other world spices; and June 13, A night in Provence. Visit labellewinerynh.com. 🍷

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DRINK

RED, WHITE & GREEN

Bottles for the budget-conscious wine-lover

This week we had a good lesson in not judging a wine by its first sip.

When we first opened the **2011 Zazou from Corbieres** (an appellation in the Languedoc-Roussillon), we did not love it. The wine (\$15.95 from Angela's Pasta & Cheese Shop in Manchester) is a blend: 40 percent syrah, 25 percent carignan, 25 percent grenache and 10 percent mourvedre. At first, this dark red violet wine had earthy, dried berry aromas; one of us even detected some barnyard notes. A few sips of the wine gave us notes of dark, dried berry and what one of us called "funkiness." And that was pretty much it for that day — a few sips and then (after the bottle spent a while uncorked and thereafter untouched on the counter) we sealed the bottle up with a hand-pump vacuum cork. The next day, we decided to give it another shot, and when we opened it we found a completely different bottle of wine. The second-day nose still had some earthiness but there were more (and richer) aromas of dried cherry. The funkiness was gone from the flavor and instead the wine had flavors of deep plum, a nice balance of chewiness and chalkiness, and fruit up front with a dry finish. This wine, which the blend-lover among us had been fairly disappointed by on the first day, ended up a solidly above-average bottle with plenty to enjoy on Day 2.

The transformation of the **2009 Barolo Rosa dell'Olmo** from Italy (\$15.99 from



Trader Joe's in Nashua) didn't take quite as long and wasn't quite as dramatic but it also opened up and became more complex as it was exposed to air. The red-purple wine had a nose of dried berry and light raisin. The taste was not as big as you'd expect for a barolo but had those notes of dried fruit and a raisiny tang, though with very little residual sugar. This wine, which got a little help from an aerator, was nothing special on its first sip but opened up into an enjoyable complement to our pasta dinner.

So if you open a bottle and, though it's not corked, you find yourself unenamored with the flavor, give it some time. Anything from an hour of just sitting uncorked in your kitchen, to a night (cork on) between opening and drinking can dramatically change the flavor of the wine.

Each week in "Red, White & Green," the wine-lovers taste red and white wines that sell for not too much of the green, less than \$20. The goal? To find a good bottle without breaking the bank. Unless otherwise noted, the prices listed are what you'll find the bottles selling for at the New Hampshire Wine & Liquor Outlet. 🍷



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Beer/wine/liquor tastings

- **603 BREWERY** tasting on Thurs., March 13, from 5 to 7 p.m. at The Beer Store, 433 Amherst St., Nashua, 889-2242, thebeerstorenh.com.
- **DOGFISH HEAD** tasting on Thurs., March 13, from 5 to 7 p.m. at Barb's Beer Emporium, 249 Sheep Davis Road, Concord, 369-4501, barbsbeeremporium.com.
- **WINE TASTING** with prosciutto on Sat., March 15, from 10

a.m. to 4 p.m. at Tuscan Market (63 Main St., Salem, 912-5467, tuscانbrands.com).

- **WHITE BIRCH BREWING** tasting on Sat., March 15, from 11 a.m. to noon at McIntyre Ski Area, 50 Chalet Way, Manchester, 622-6159.
- **WINE TASTING** of Animal Rescue League of NH wines on Sat., March 15, from 6:30 to 8:30 p.m. at The Drinkery, 2 Young Road, Londonderry, 434-1012, thedrinkeryshop.com.

Beer/wine dinners

- **MICROBREW VS WINE DINNER** at Zorvino Vineyards (226 Main St., Sandown, 887-8463, zorvino.com) on Thurs., March 20, from 6:30 to 9 p.m., pairs a wine and a beer with each course. Tickets cost \$49.95.
- **EIGHTIES NIGHT** at Zorvino Vineyards (226 Main St., Sandown, 887-8463, zorvino.com) on Fri., March 21, from 6 to 11 p.m. Includes DJ, cash bar and light finger foods. Cost \$25.

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Includes listings for lectures, author events, book clubs, writers' workshops and other literary events.

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The Wild Feathers, *The Wild Feathers* (Warner Bros Records)



A bit late to the ball on this one (it came out last year), but when was the last time I talked about Southern rock, as in the sort of Southern rock that didn't make you wish for some actual dumber-than-hell Southern rock? I mean, that's what this is, old-school four-on-the-floor riffage from a bunch of Texas dudes trying to wish away their draws but not their influences, in this case Tom Petty, The Allmans and such. Those influences, and the ones they can't help, like [place emo band here], have mutated here into a flammable but accessible mixture of neo-AOR

and 1970s-arena — it's a lot like what you'd get from a Molly Hatchet vs Airborne Toxic Event steel-cage match. Opener "Backwoods Company" is one of those holler-and-fire-your-shotgun, near-punk-speed things you'd always wished Lynyrd Skynyrd had made more of. With most new bands, the throwback authenticity would end right there, but "American" follows with a more laid-back but just as in-your-face radio bit that combines Allmans subtlety with a Doobie Brothers hook and one of those solos that could make a kid beg Mom for his first Strat. If *Glee* tried to cover one of these tunes it would suck quite loudly, thus I can't think of any age group under 55 that could proactively hate this record. **A** — *Eric W. Saeger*

Young Dubliners, *9* (YD Records)



Given this Los Angeles band's name and stated genre, I'm a bit surprised that I had to sit through four songs before a little anatomically correct Celtic-rock showed up ("Seeds of Sorrow") in all its tin-whistle-and-fiddle vibe, and for this reason I'd be doing a disservice by lumping them in with Dropkick Murphys, let alone Gaelic Storm and guys like that. Nothing on here is as jig-inducing as "Rocky Road to Dublin" or any of their older stuff, although "Fall" and "Abhainn Mor" come close; it's as though some microorganism in the L.A. water is compelling them to focus more and more on disposable hard-rock,

which takes up most of the record. One can pinpoint this band's dwindling interest in itself to 1999, when guitarist Randy Woolford left and former Lord of the Dance drummer Gary Sullivan bounced after a short stint. There's very little good news — "Up in the Air" is particularly puzzling, comprising an '80s dance beat with an on-the-phone patch on the vocals. "Rain" would almost qualify for the ren-faire space if it weren't so hokey, like Mumfords after listening to too much bluegrass. Quite the fail overall, like watching an '80s-rock VH1 special interrupted by Flogging Molly commercials. **C** — *Eric W. Saeger*

PLAYLIST

A seriously abridged compendium of recent and future CD releases

• LOL, it's time for your roommate to pretend he's completely full of up-to-the-minute, naked-onstage hipness and you're not, because it wasn't until you read this, just now, that you knew the new **Black Lips** album, *Underneath The Rainbow*, is coming out next week! "Boys in the Wood" is the single, made of a bluesy Stooges-ish beat and some off-key assembly-line-indie falsetto vocals, like your roommate's dad will hate it because the vocals don't "wail like Robert Plant," which of course has always been the plan, for your roommate to be disowned by his dad. (Who buys the beer this week? You get a million-billion guesses as long as none of the guesses are your roommate.) Rock's mission has been accomplished!

• Cool, more emo-metal-whatever, except wait, it's **Taking Back Sunday**, with a brand new album, not Thursday. Now that I couldn't care less about getting another free emo CD ever again, I can admit that I personally always preferred Thursday, out of the two weekday-named bands, because Thursday is more raw and appears to have deeper mental problems than these Vans-hawking nincompoops from Long Island, whose new ballad-ish single "Flicker Fade" is so clichéd it makes me miss Good Charlotte. Lots of perfect teeth and straining-yelling expressions on these false pop gods in the video for this microwave-ready emo-pop song, and there is acoustic guitar strumming in there, because chicks dig the whole Glen Campbell idea when you get real about it. Land's sakes alive, this thing is so emo my head is going to explode, I swear. Seriously, do any of you people actually own a T-shirt of these dweebs?

• In Greek mythology, **Sisyphus** was the dude who kept trying to roll a boulder up a hill and got nowhere. In hip-hop mythology, Sisyphus is a collaboration between Serengeti, Son Lux and Sufjan Stevens that YouTubers are predicting will go nowhere. Wait, Sufjan Stevens? Yes, sure, anyone can do hip-hop, what does it matter, especially if the rapping is being done by actual rappers and you can just sit around introducing yourself as Sufjan Stevens, thereby assuring that all the hairy-legged folkie chicks will come to your hip-hop shows by mistake. "Calm It Down," the tire-kicker single, is quite the pedestrian alt-hip-hop thing until they segue into an overlong list of reasons one should "calm it down" ("When your mix don't match," "When your beats don't knock," etc. etc.), and then Sufjan starts singing in his trademark falsetto. At that point, you can simply take a bite out of the CD and see if you can actually crunch it up enough to swallow it.

• Oh joy, it's a trio of clean teens in suits. Can you kids stop rockin' so hard already? My paddling hand is getting so itchy these days. I seem to recall talking about this band of suits, known as **Foster the People**, before, but it must have been when they released their first album, *Torches*, not this one, which is called *Supermodel*. Frontman/guitarist/programmer Mark Foster wanted this new *Supermodel* album to be "more gritty" than *Torches*, so I'll now sod off to YouTube and listen to something totally gritty. OK, I'm back. The single "Coming of Age" sounds like Bruno Mars singing for Flock of Seagulls. Now that is one big pile of grit! — *Eric W. Saeger*



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Tapping into the season

NH author follows big local maple producer

By Kelly Sennott
ksennott@hippopress.com

When New Hampshire author Douglas Whynott began what would be three years following Bruce Bascom to research *The Sugar Season: A Year in the Life of Maple Syrup, and One Family's Quest for the Sweetest Harvest*, he had no idea one of those years would include the warmest, weirdest and worst month for maple syrup ever.

"It was the warmest March — 14,000 temperature records were broken in 2012," Whynott said in a phone interview.

The three years were full of surprises for Whynott, who initially was uncertain as to whether the Northeast maple syrup industry had enough plot and conflict for a whole book. At one point, he changed publishers because of this.

Not only did his research occur during one of the most notable months for producers — raising the questions of how climate change is threatening the iconic New England treat — but during those years, there was also a huge theft in the Quebec Federation's syrup warehouse, a "controversial organization" in the syrup business that sets syrup prices each year.

It was also a big time for Bruce Bascom, the central character in the book.

"I was very lucky to be in the right place at the right time to write the story," Whynott said.

Bascom, a Maple Hall of Famer whose farm in Acworth is the biggest maple syrup producer in the state, boiling 80,000 gallons of sap daily during the season, was in the midst of a huge industry development during Whynott's writing. In 2010, he built a new complex building with a warehouse that could store almost 300,000 cubic feet of syrup.

"It was enough space to hold about a third of the entire U.S. crop. He went from being in the second tier of companies to becoming the biggest," Whynott said.

The book follows not only Bascom Maple Farms, but also the process of producing, from the first tappings in February to the biology that makes syrup possible and the grading that happens as it's bottled. It also traces the big changes in the industry, from buckets to vacuum pumps, quaint enterprise to modern



Douglas Whynott, author of *The Sugar Season: A Year in the Life of Maple Syrup, and One Family's Quest for the Sweetest Harvest*. Courtesy photo.

industry in Acworth.

In a timely release, Whynott will talk about his book, *The Sugar Season*, right in the midst of it, at the Toadstool Bookshop in Keene on Sunday, March 16, at 1 p.m. and at Gibson's Bookstore on Wednesday, April 2, at 7 p.m.

Whynott, author of many other nonfiction books about New England culture, including *Following the Bloom* about the migratory beekeeping business and *Giant Bluefin* about the New England bluefin harpoon fishing business, was initially drawn to the maple industry because of reports in 2011 about how the Asian long-horned beetle was destroying maple trees in western Massachusetts. So he called the Bascoms for their insight on the matter.

As it turned out, the Asian long-horned beetle wasn't so much of an issue. It had been quarantined. But Bascom had other things to talk about.

"The first time I visited him, after the initial phone conversation, we talked for three hours. ... This man has more verbal energy than anyone I know," Whynott said. "He kept telling me that there's a lot more to the maple industry than people know. ... He loves the maple industry, and he seemed to know everything about it. From the standpoint of a writer, he was a great source."

The Sugar Season is not all about science and business. Whynott, who lives in Langdon and teaches writing at Emerson College, keeps the book interesting with a family narrative, told by Bruce Bascom. He talked to many other sugar farmers in New Hampshire, as well.

Whynott wanted to tell the story of the rapidly changing maple business in a way that was informative but fun to read, which was why finding a likeable and colorful character was so important. It's how he writes all of his books; he earned a journalism degree and an MFA in fiction writing with the intent to use this style in telling real stories, particularly those that so highly define New England.

"Is there really any other flavor like maple that comes from North America? It originated here. It's the iconic flavor of this culture," Whynott said.

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Daniel Thomas Moran's 'A Shed for Wood'
Launch celebration

March 19th 7PM

PSNH Martha Carlson-Bradley and
Lee Sharkey Poetry Society meeting

March 20th 7PM

James Scott's debut novel 'The Kept'

March 25th 7PM

UNICEF Ambassador Ishmael Beah,
'Radiance of Tomorrow'

March 27th 7PM

'There are No Do-Overs: The Big Red Factors for
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**Hear Douglas Whynott talk about
The Sugar Season**

**At the Toadstool Bookshop, 222 W.
St., Keene:** On Sunday, March 16, at
1 p.m. Call 924-3543, visit toadstool.
indiebound.com.

**At Gibson's Bookstore, 45 S. Main St.,
Concord:** On Wednesday, April 2, at 7
p.m. Call 224-0562, visit gibsonsbook-
store.com.

Contact: douglaswhynott.com

TOP 10 Parenting and family

For the week of March 10
(Barnesandnoble.com)

1 *Being a Teen: Everything Teen Girls & Boys Should Know About Relationships, Sex, Love, Health, Identity & More*

By Jane Fonda

Paperback, March 4, 2014

2 *The 5 Love Languages: The Secret to Love That Lasts*

By Gary Chapman

Paperback, 2009

3 *Philomena: A Mother, Her Son, and a Fifty-Year Search (Movie Tie-in)*

By Martin Sixsmith, Judi Dench (Foreword by)

Paperback, 2013

4 *Jo Frost's Toddler Rules: Your 5-Step Guide to Shaping Proper Behavior*

By Jo Frost

Paperback, March 4, 2014

5 *The 7 Habits of Highly Effective Teens*

By Sean Covey

Paperback, 1998

6 *You Can Date Boys When You're Forty: Dave Barry on Parenting and Other Topics He Knows Very Little About*

By Dave Barry

Hardcover, March 4, 2014

7 *What to Expect When You're Expecting*

By Heidi Murkoff, Sharon Mazel

Paperback, 2008

8 *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind*

By Daniel J. Siegel, Tina Payne Bryson

Paperback, 2012

9 *Growing Up Duggar: It's All About Relationships*

By Jill Duggar, Jinger Duggar, Jessa Duggar, Jana Duggar

Hardcover, March 4, 2014

10 *Love & Respect: The Love She Most Desires; The Respect He Desperately Needs*

By Emerson Eggerichs

Hardcover, 2004

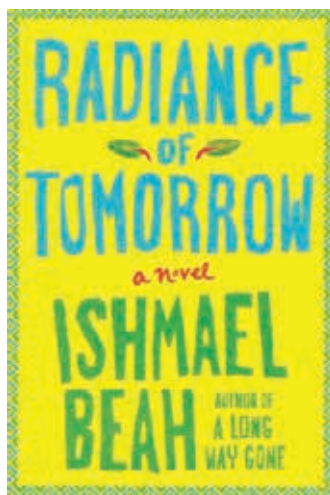
Radiance of Tomorrow, by Ishmael Beah (Sarah Crichton Books, 240 pages)

Ishmael Beah took heat for his first book, a memoir about his years as a child soldier in war-ravaged Sierra Leone. Critics said his experiences, while undoubtedly brutal and tragic, were exaggerated, that he either lied outright or exercised too much creative license in 2007's *A Long Way Gone*.

In his second literary venture, Beah deftly sidesteps all that, for *Radiance of Tomorrow* is purportedly a novel. There's irony, however: In this beautiful but wrenching story about a West African town rebuilding seven years after its savage destruction, much sounds too much like the truth. Let's hope it's simply the harvest of a rich, dark imagination.

The novel begins slowly, with an old, bony woman walking barefoot into the remains of a town, flip-flops balanced carefully atop her head. Although the town is empty and charred, and conjures unwanted memories, she is glad to be back and whispers, "This is still my home."

When the woman, Kadie, encounters an old man tying pale bones together "as one would a bundle of kindling," the old friends embrace and together begin the work of collecting and burying the bones that are scattered about the burnt hull of the village. In the ensuing days, others join them there in the once thriving town named Imperi.



The war has ended, and enough time has passed that it seems safe for survivors to leave the refugee camps. It took this long because "madness didn't cease just because someone signed a peace accord," and "It would take months for fighters in the deep countryside to get the message, and even longer to believe in it."

What follows is a deeply disturbing, let's-hope-it's-fiction account of how lives shredded by the savagery of war

can bud anew. And, because not all villains are human, it's also about how a mining company that arrives on the scene can be almost as destructive as a senseless tribal war.

Kadie and the other elder, known as Pa Kainesi, soon cede leadership of Imperi to the younger generation, which includes Colonel who was a grizzled 18 when he arrived, leading four other orphaned teenagers — and Bockarie, the town's former school teacher, who returns with his family to resume his work for pay that's only enough to buy one bag of rice.

There soon arrives another teacher named Benjamin, and the relationship that develops between colleagues — and the graft they discover — hijacks the expected trajectory of the book for a while, much like the mining company that displaces Imperi, and in doing so, wipes out its soulful essence. The struggle to retain that soul — embodied in the stories that villagers would tell in a congenial gatherings around a fire every

night — is as great a challenge for Bockarie as how to feed his family.

Another gripping story plays out throughout the book, although Beah may lose some readers in its brutal inception. One of the villagers returning to Imperi is Sila, a single father whose joyous demeanor belies the horror his body reveals. Sila is missing half of his right arm. His children, too, have had arms cut off, in a horrific snapshot of war. The amputations were carried out by a child soldier who has been selected and trained for the gruesome task.

Thanks to the intervention of a passing stranger, Sila and his children survive, and when they, too, return home to Imperi, they pass through the village where they were maimed. The boy who mutilated them is there, himself a war orphan, and he sees them and follows them secretly, desperate to find a way to do penance. This story, in itself, is a worthy novella, as gripping on its own as the book as a whole.

Radiance of Tomorrow is a difficult read, not only in subject matter but, at times, in its language. In an author's note, Beah explains that his native language, Mende, is "very expressive, very figurative," and that he employs the same structure when he writes. Some of his phrases are beautiful: "The sky was preparing to roll over and change its side." Others are just awkward, such as "The sun had successfully hidden itself from the eyes of the sky and put out its fire."

The novel demands effort of its readers, but there is a payoff, both immediate and lasting: you may never, in good conscience, complain about the ordinary travails of your life again. A

— Jennifer Graham

CHILDREN'S ROOM

A weekly recommendation from the Concord Public Library

Penny and Her Marble

Written and illustrated by Kevin Henkes, 2013
(Beginning Reader, ages 4-8)



In Henkes' third book in the Penny series for new readers, the little mouse snatches a marble from her neighbor's yard. Penny soon learns some important lessons about guilt, honesty, and her feelings.

OUT NEXT WEEK

Missing You



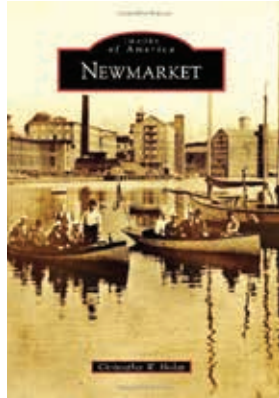
By Harlan Coben

Hits shelves: March 18

Author best known for: New York Times bestsellers *Six Years*, *Stay Close*, *Live Wire*, *Caught*, *Long Lost*, and *Hold Tight*

One-sentence review: "Once again, Coben has brilliantly used a current trend, in this case Internet dating, to create a can't-put-it-down thriller." — Publisher's Weekly

Book Report



• **For lovers of Newmarket and history:** Longtime Newmarket resident, UNH alum and former owner of the Stone Church Chris Hislop wrote the latest of Acadia Publishing's "Images of America" series, *Newmarket*, which he's been working on for the last year.

"The focus of the book, for me, was the Mills, and how this structure is essen-

tially the financial backbone of the town," Hislop wrote in an email. "During my time spent researching for the book and putting together images while scrounging through the endless lineup of dusty boxes at the historical society, I learned a lot about these mills." The book chronicles the town and includes images of the earliest settlers fishing, lumbering and shipbuilding. It will be released on March 17.

• **RiverRun Bookstore's novel-writing contest winners:** They are Virginia DeLuca, who wrote *As If Women Mattered*; Ben Schwartz, who wrote *The Drift of Everything*; and Catherine Geiger, who wrote *The Witch Market*. Each of the winners received a standard Piscataqua Press publishing package (\$1,500 value) free. For this inaugural event for the bookstore's new publishing company, owner Tom Holbrook anticipated perhaps 50 entries. He received about 100.

"... And not only were many of them terrific, but they ran a broad range, from thriller to literary fiction to young adult. We were thrilled and overwhelmed," Holbrook said in the press release.

• **MainStreet BookEnds nominated 2014 WNBA Pannell Award:** Warner's MainStreet BookEnds was nominated among just 22 bookstores nationally — one of five from New England — for the 2014 Women's National Book Association Pannell Award, which honors bookstores that enhance their communities by using exceptional creativity to foster love of reading in young patrons. Nominations were submitted by customers, sales reps, store personnel and others who were impressed with the work of these independent bookstores.

• **Henniker teacher-turned-author:** Local author Anthony Caplan recently wrote a novel, *Savior*, which will be published on April 14 as a Kindle ebook by Harvard Square Editions. A thriller with dystopian/science fiction elements, it follows a father and son whose vacation turns awry after a kidnapping. Caplan worked as a wire service journalist in Latin America and Europe before teaching high school Spanish. The book comes out April 18. — *Kelly Sennott*

Books Author events

• **JOHN D. MAYER** UNH professor shares *Personal Intelligence: The Power of Personality and How It Shapes Our Lives* on Thurs., March 13, at 7 p.m., at Water Street Bookstore, 125 Water St., Exeter, 778-9731, waterstreetbooks.com.

• **APRIL BERNARD** speaks at part of the Eagle Pond Authors Series on Thurs., March 13, at 7 p.m., at Silver Center for the Arts, Plymouth State, 114 Main St., Plymouth, 779-3869, free, reservations required.

• **DANIEL THOMAS MORAN** presents latest volume of verse, *A Shed for Wood*, on Thurs., March

13, at 7 p.m., at Gibson's Bookstore, 45 S. Main St., Concord. Call 224-0562, visit gibsons-bookstore.com.

• **LAYNE CASE** talks about her children's book, *Charlie*, at RiverRun Bookstore, 142 Fleet St., Portsmouth, 431-2100, riverrun-bookstore.com, on Sat., March 15, at 11 a.m.

• **PATRICIA FARNOLI AND JAMES FOWLER** read from their books, *Winter and Falling Ashes*, respectively, on Sat., March 15, at 1 p.m., at Toadstool Bookshop, 12 Depot Square, Peterborough, toadbooks.com, 924-3543.

• **HANK PHILLIPPI RYAN** visits the Amherst Town Library, 14 Main St., Amherst, 673-2288, on Tues., March 18, at 7 p.m., for "Hank Phillippi Ryan: Celebrating Her Books and All Her Lives," part of March book program. Her most recent book is *The Wrong Girl*. Open to public, registration required, email library@amherstlibrary.org, visit amherstlibrary.org.

• **CHRISTOPHER HISLOP** book launch event for his *Newmarket: Images of America* on Wed., March 19, at 7 p.m., at RiverRun Bookstore, 142 Fleet St., Portsmouth, riverrunbookstore.com, 431-2100.

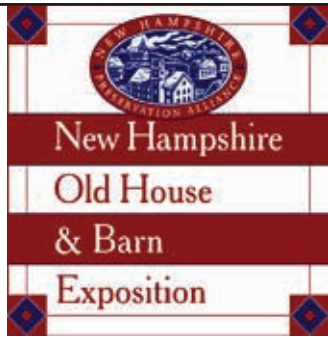
• **DAN SZCZESNY** talks about *The Adventures of Buffalo and Tough Cookie* at the Rodgers Memorial Library, 194 Derry Road, Hudson, on Wed., March 19, at 7 p.m.; at the Meredith Public Library, 91 Main St., Meredith, on Tues., March 25, at 6:30 p.m.; at the Amherst Town Library, 14 Main St., Amherst, on Tues., April 8, at 7 p.m.; at the Griffin Free Library, 22 Hooksett Road, Auburn, on Monday, May 12, at 6:30 p.m.

• **DIANE MCWHORTER** talks on Thurs., March 20, at 7 p.m., in Wheeler Hall, Ware Student Center, Colby Sawyer, 541 Main St., New London, 526-3000, colby-sawyer.edu, about race, freedom and justice. Pulitzer Prize-winning author, free event.

• **KRISTIN WATERFIELD DUISBERG** talks about her book, *After*, on Tues., March 25, at 7 p.m., at Water Street Bookstore, 125 Water St., Exeter, 778-9731, waterstreetbooks.com.

• **TRUE KELLEY** author/illustrator of more than 100 children's books speaks at MainStreet BookEnds, 16 E. Main St., Warner, on Tues., March 25, at 3 p.m. Call 456-3564, email info@mainstreetwarnerinc.org.

• **HARRIET CHESSMAN** reads from/discusses *The Beauty of Ordinary Things* on Tues., March 25, at 7 p.m., at RiverRun Bookstore, 142 Fleet St., Portsmouth. Call 431-2100, visit riverrun-bookstore.com.



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300: Rise of an Empire (R)
Shiny, six-pack-having Greek dudes grunt and fight while badass warrior women get all the best lines in 300: Rise of an Empire, a sequel (of a sort) that is not quite as much fun as its predecessor but still pretty A-OK.

A few notes on the preceding sentence:
• The Greeks, led in this movie by Sullivan Stapleton, who plays the Athenian general Themistokles, are “Greek” in the same way that the Scottish Gerard Butler and his 300 were “Greek,” which is to say that everybody has some kind of British, Australian or New Zealand accent.

• Yes, the CGI abs are back. And, for my money, that part of the special effects budget was very well spent.

• Maybe we’ll remember Stapleton’s name after this movie, but the real stars are Lena Headey, the take-no-guff Queen Gorgo who returns from 300, and Eva Green, a Persian navy general named Artemisia (Eva Green), who is as bloodthirsty and fire-breathing as any mustache-twirling villain.

• I can remember maybe five lines of dialogue from this movie (all spoken by the female characters) and the best one comes from Artemisia and is both excellent and unrepeatable in this newspaper.



300: Rise of an Empire

• 300: Rise of an Empire is a sequel to the 2006 movie but it also gives information about events that preceded the battle of Thermopylae, a “meanwhile, on the coast” story that happened simultaneously with Leonidas’ stand and a look at what happened afterward.

• And, while Rise of an Empire is no original-recipe 300, it is a great deal of fun. However...

• I went in thinking the movie would be a crushing disaster, so perhaps I grade on a curve here.

Once again, our story is narrated, this time by Gorgo, who gives the origin story for Xerxes (Rodrigo Santoro), explaining how he lost his hair and gained all those face piercings on the way to becoming a god-king. We also learn in narrated flashback (this one delivered, I believe, by some deep-voiced lieutenant of Themistokles’) about Artemisia’s unhappy beginnings, which have made her just as death-worshipping and vengeance-seeking as Xerxes. Themistokles and Artemisia battle both during and after

the martyr-making Thermopylae battle, and they do so both on sea and in a very memorable meeting where Artemisia’s attempts to recruit Thermopylae for her navy take a turn for the sexy.

Rise of an Empire employs a lot of the same visual tricks (gold-tone sepia filter, exaggerated use of lights and darks, the aforementioned abs) as the first movie, as well as a lot of the odd editing choices that make it impossible to understand where the action is happening. In one moment, characters on different boats are close enough to lock eyes, but a wide shot then shows these two people nowhere near each other. Battle scenes are often just a jumble of shiny warrior-parts — are there thousands of Greeks fighting a small group of Artemisia’s Persians or is it the opposite? Or is it just five guys on each side, digitally replicated as needed? The story is a similar jumble — fighting, politics, fighting, talking, fighting, angry sex, fighting, speeches whose actual words don’t really make sense (were they just filler, meant to be changed in post?), fighting, etc.

Rise of an Empire reminds me a lot in tone of Marvel’s Agents of S.H.I.E.L.D., a TV show that takes place in the Marvel Avengers/Iron Man/Thor universe but without the expensive main charac-

REVIEWLETS

* indicates a movie worth seeing. For reviews of graded films, go to hippopress.com.

Opening soon:
March 14: *Need For Speed* (PG-13) Adapted from the video game, this movie stars Dominic Cooper and Aaron Paul; *Veronica Mars* (PG-13) You kickstarted it, Marshmallows, and so the continuation of the story of a teen detective, now all grown up and living outside of Neptune, Calif., hits screens big and small; *Bad Words* (R) Jason Bateman directs and stars in this comedy; *Enemy* (R) Jake Gyllenhaal stars in this thriller; *One Chance* (PG-13) A would-be opera singer gets his big shot on *Britain’s Got Talent*.

March 21: *Muppets Most Wanted* (PG) Tina Fey, Ricky Gervais and Ty Burrell join our felty friends in a caper; *Divergent* (PG-13) Another YA series gets a shot at *Twilight* gold; this one stars Shailene Woodley and Kate Winslet.

Now playing:
About Last Night (R) Kevin Hart, Regina Hall. Hart and Hall are the com, Michael Ealy and Joy Bryant are the rom in this slightly-above-average Valentine’s Day release. C+

**Anchorman 2: The Legend Continues* (R) Will Ferrell, Christina Applegate. Also, Steve Carell, Paul Rudd and David Koechner. Stay classy, sequel. B+ (An extended cut is now in release, coming in a little less than half an hour longer than the original.)

Endless Love (PG-13) Alex Pettyfer, Gabriella Wilde. The movie feels endless even if the love doesn’t. D-

Frozen (PG) Kristen Bell, Josh Gad. Disney gets two princesses in one movie in this nothing-special but nothing-terribly-wrong retelling of “The Snow Queen,” featuring the voice of Idina Menzel. B-

**The Hunger Games: Catching Fire* (PG-13) Jennifer Lawrence, Josh Hutcherson. Plus Liam Hemsworth, Elizabeth Banks, Woody Harrelson and more in this adaptation of Part 2 of Suzanne Collins’ saga. B

**The LEGO Movie* (PG) Voices of Chris Pratt and Elizabeth Banks. And, delightfully, Will Ferrell. This solid tale of LEGOs protecting their world from a weapon called “Kragle” has adventure, comedy, visual cleverness and sweetness. A

Lone Survivor (R) Mark Wahlberg, Taylor Kitsch. Based on a true story. Navy SEALs on a mission in Afghanistan find themselves fighting for their lives on a remote mountainside. B

The Monuments Men (PG-13) George Clooney, Matt Damon. Clooney also directs this shockingly boring tale about

a really cool, adventure-filled moment in history: The U.S. government charges a group of people (many with art and architecture backgrounds) to head to Europe in the final days of World War II to secure cultural artifacts and works of art plundered by the Nazis. D+

**Non-Stop* (PG-13) Liam Neeson, Julianne Moore. Continuing his run of kicky, punchy awesomeness, Neeson is an air marshal who has to beat people up and talk in the growl voice to keep an unknown hijacker from killing passengers. B-

The Nut Job (PG) Voices of Will Arnett, Katherine Heigl. True story: I forgot who the female lead in this movie was but kept thinking to myself “who is the actress doing the voice for the unpleasantly scoldy killjoy squirrel?” D+

Pompeii (PG-13) Kiefer Sutherland, Kit Harington. Boring, by-the-numbers take

on what it was like when a green-screen volcano destroyed a green-screen city in ancient Rome. D

Ride Along (PG-13) Ice Cube, Kevin Hart. Hart is a security guard looking to join the ranks of the police force and join detective Ice Cube’s family as his sister’s new husband. Hilarity does not ensue as Ice Cube tries to scare Hart off both. D+

RoboCop (PG-13) Joel Kinnaman, Michael Keaton. A little too much “science plus science equals RoboCop” but otherwise this reboot is a solid, if nothing fancy, bit of late winter action fun. B-

Son of God (PG-13) Diogo Morgado, Roma Downey. This Jesus-focused super-cut from the series *The Bible* isn’t so much a movie as a collection of New Testament greatest hits, performed nativity-pageant style and strung together with a score that is

reminiscent of spa background music with added drums. D

**20 Feet from Stardom* (PG-13) Darlene Love, Merry Clayton. The Oscar-winning documentary tells the story of backup singers for some of rock’s most iconic songs. Solid story and a must-see for music lovers, this movie is also available via various streaming and download outlets. A.

**The Wind Rises* (PG-13) Dubbed version features voices of Joseph Gordon-Levitt, Emily Blunt. This lovely animated (but not for kids) movie from Hayao Miyazaki tells the story of airplane designer Jiro Horikoshi. B+

**The Wolf of Wall Street* (R) Leonard DiCaprio, Matthew McConaughey. If sleazy party scenes of jerky stockbrokers snorting lines of cocaine off the backsides of prostitutes is your thing, has Martin Scorsese got three hours of film for you. B



Mr. Peabody & Sherman

ters. That series tells side stories with ties to the overall Marvel mythology — and that's about where *Rise of an Empire* seems to be in relation to *300*. Some of the same characters appear, they talk a lot about the action in that movie, but we have to get invested in a different batch of butt-kickers.

That said, *300: Rise of an Empire* is kind of fun. Gory, violent, stupid fun. Though it might not be the true heir to the visually stunning, viscerally awesome fight-fest of *300* (and, since all of that movie's most visually interesting features have been copied dozens of times since then, how could it be?), it is good enough to do until that thing comes along. **B-**

Rated R for strong sustained sequences of stylized bloody violence throughout, a sex scene, nudity and some language. Directed by Noam Murro with a screenplay by Zack Snyder & Kurt Johnstad, 300: Rise of an Empire is an hour and 42 minutes long and is distributed by Warner Bros. 🍷

Mr. Peabody & Sherman (PG)

A dog and his boy travel through time (with puns!) in Mr. Peabody & Sherman, a charming animated movie updating characters from the Rocky & Bullwinkle show.

As his degrees from Harvard would suggest, Mr. Peabody (voice of Ty Burrell) is not like other dogs. Never adopted by a family because he didn't see the logic behind games of fetch, Mr. Peabody instead turned his attention to winning Nobel prizes, inventing the WABAC time machine and tastefully decorating a penthouse apartment with mid-century modern furnishings. When he finds an abandoned baby, Mr. Peabody does the only logical thing — this dog adopts a boy, Sherman (Max Charles). Mr. Pea-

body and Sherman travel through time in the WABAC, meeting historical figures and learning important lessons. But when Sherman heads to school to do some more traditional book learning, he finds that trips to meet George Washington and Leonardo da Vinci have not helped him learn how to deal with other kids. After a girl named Penny (Ariel Winter) makes fun of Sherman and Sherman responds by biting her, Mr. Peabody's fitness as a parent is called into question by the social worker Ms. Grunion (Allison Janney). In an attempt to smooth things over, Mr. Peabody invites Penny and her parents (Leslie Mann, Stephen Colbert) over for dinner. Play nicely, Mr. Peabody tells Sherman, and don't tell Penny about the WABAC.

Naturally, Sherman tells Penny about the WABAC and soon there is a tear in the space-time continuum.

Like the sparkling red cocktails Mr. Peabody creates for Penny's parents, *Mr. Peabody & Sherman* is a skillfully combined mix of sweetness, silliness, punny humor and adventure. Mr. Peabody might be fixing a rip in time, but he's also learning how to let his son grow up and do things for himself — and a parent learning to let go is a way harder thing than a genius repairing a temporal paradox. The movie does a good job of developing the Peabody-Sherman relationship, so we feel that something serious is at stake in all the silliness. The goofy fun of each stop in history — Penny meeting a teenage King Tut, Sherman discussing design with da Vinci — features a good mix of humor that will appeal to both the kids and adult audiences. **B+**

Rated PG for some mild action and brief rude humor. Directed by Rob Minkoff with a screenplay by Craig Wright, Mr. Peabody & Sherman is an hour and 32 minutes long and is a DreamWorks Animation production, distributed by 20th Century Fox. 🍷

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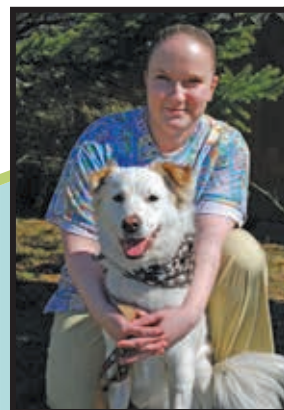


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Tyngsborough, Mass.,
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151 Coliseum Ave., Nashua,
chunkys.com

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150 Bridge St., Pelham,
635-7499

Cinemagic Hooksett

1226 Hooksett Road, Hooksett,

644-4629, cinemagicmovies.com

Cinemagic Merrimack 12

11 Executive Place Dr.,
Merrimack, 423-0240,
cinemagicmovies.com

Flagship Cinemas Derry

10 Ashleigh Dr., Derry,
437-8800

AMC at The Loop

90 Pleasant Valley St., Methuen,
Mass., 978-738-8942

O'Neil Cinema 12

Apple Tree Mall, Londonderry,
434-8633

Regal Concord

282 Loudon Road, Concord,
226-3800

Regal Hooksett 8

100 Technology Drive,
Hooksett

Showcase Cinemas Lowell

32 Reiss Ave., Lowell, Mass.,
978-551-0055

MOVIES OUTSIDE THE CINEPLEX

RED RIVER THEATRES

11 S. Main St., Concord, redri-
vertheatres.org, 224-4600

• **Her** (R, 2013) Thurs., March
13, at 5 p.m.

• **All is Lost** (PG-13, 2013)
Thurs., March 13, at 5:30 p.m.

• **The Wind Rises** (PG-13, 2013)
Thurs., March 13, at 2:05 & 5:20
p.m.

• **12 Years a Slave** (R, 2013) on
Thurs., March 13, at 7:45 p.m.;
Fri., March 14, at 1:15 & 7 p.m.;
Sat., March 15, at 2 p.m.; Sun.,
March 16, at 1:15 & 7 p.m.;
Mon., March 17, at 2 & 5:25
p.m.; Tues., March 18, at 2 p.m.;
Wed., March 19, at 7:30 p.m.; &
Thurs., March 20, at 2 p.m.

• **American Hustle** (R, 2013) on
Thurs., March 13, at 2 & 7:30
p.m.; Fri., March 14, at 4 & 8:20
p.m.; Sat., March 15, at 8:20
p.m.; Sun., March 16, at 4 p.m.;
Mon., March 17, at 8 p.m.; &
Thurs., March 20, at 8 p.m.

• **Dallas Buyers Club** (R, 2013)
on Fri., March 14, at 1:30,
5:30 & 8 p.m.; Sat., March 15,
at 1:30, 5:30 & 8 p.m.; Sun.,
March 16, at 1:30 & 6:45 p.m.;
Mon., March 17, at 2:10, 5:30 &
7:45 p.m.; Tues., March 18, at
2:10, 5:30 & 7:45 p.m.; Wed.,
March 19, at 2:10, 5:30 & 7:45
p.m.; and Thurs., March 20, at
2:10, 5:30 & 7:45 p.m.

• **Gloria** (R, 2013) on Fri.,
March 14, at 1, 3:30 & 6 p.m.;
Sat., March 15, at 1, 3:30 & 6
p.m.; Sun., March 16, at 1, 3:30
& 6 p.m.; Mon., March 17, at
2:05, 5:35 & 7:50 p.m.; Tues.,
March 18, at 2:05, 5:35 & 7:50
p.m.; Wed., March 19, at 2:05,
5:35 & 7:50 p.m.; & Thurs.,
March 20, at 2:05 & 5:35 p.m.

• **Les Miserables** (PG-13, 2012)
on Sat., March 15, at 6 p.m.

• **Northwest Passage** (NR, 1940)
on Sun., March 16, at 4 p.m.

• **Bettie Page Reveals All** (R,
2012) on Thurs., March 20, at
6 p.m.

WILTON TOWN HALL

40 Main St. in Wilton, 654-3456,
wiltontownhalltheatre.com

• **12 Years a Slave** (R, 2013)
Thurs., March 13, through
Thurs., March 20, at 7:30 p.m.
Additional screening on Sun.,
March 16, at 2 p.m.

• **Philomena** (PG-13, 2013)
Thurs., March 13, at 7:30 p.m.

• **August Osage County** (R,
2013) Fri., March 14, through
Thurs., March 20, at 7:30 p.m.
Additional screenings on Sun.,
March 16, at 2 & 4:30 p.m.

• **The Picture of Dorian Gray**
(NR, 1945) on Sat., March 15,
at 4:30 p.m.

JEWISH FEDERATION OF NEW HAMPSHIRE

698 Beech St., Manchester, 627-
7963, jewishnh.org

• **NH Jewish Film Festival**
March 27 through April 6

CAPITOL CENTER FOR THE ARTS

44 S. Main St., Concord, 225-
1111, ccanh.com

• **Werther: Met Live in HD** on
Mon., March 17, at 6 p.m.

MANCHESTER CITY LIBRARY

405 Pine St., Manchester, 624-
6550, manchester.lib.nh.us

• **Doc Hollywood** (PG-13, 1991)
on Wed., March 19, at 1 p.m.

• **The Lone Ranger** (PG-13,
2013) on Wed., March 26, at 1
p.m.

WEST BRANCH COMMUNITY LIBRARY

76 N. Main St., Manchester,
624-6560, manchester.lib.nh.us

• **Thor: The Dark World** (PG-
13, 2013) on Fri., March 14, at
3 p.m.

• **Frozen** (PG, 2013) on Fri.,
March 21, at 3 p.m.

BEDFORD PUBLIC LIBRARY

3 Meetinghouse Road, Bedford,
472-3023, bedfordonline.com,

free movie at 2 p.m. on the third
Sunday of the month, presented
through Parks & Recreation

• **Katch** (1971) on Sun., March
16, at 2 p.m.

CONCORD PUBLIC LIBRARY

45 Green St., Concord, 230-
3682, onconcord.com/library

• **Man of Steel** (PG-13, 2013) on
Thurs., March 20, at 6:30 p.m.

CINEMAGIC

1226 Hooksett Road, Hooksett

• **Elton John: The Million Dol-
lar Piano** on Tues., March 18, at
7 p.m., and Wed., March 26, at

7 p.m.

CHUNKY'S CINEMA

151 Coliseum Ave., Nashua,
880-8055

• **Cult Classics month** with *Pee
Wee's Big Adventure* (PG, 1985)
on Thurs., March 13, at 7 p.m.;
The NeverEnding Story (PG,
1984) on Thurs., March 20, at
7 p.m.

NASHUA PUBLIC LIBRARY

NPL Theater, 2 Court St., Nash-
ua, 589-4600, nashualibrary.org

• **Darby O'Gill and the Little
People** (G, 1959) on Sat., March
15, at 2 p.m.

• **Saving Mr. Banks** (PG-13,
2013) on Tues., March 18, at 7
p.m.

• **Frozen** (PG, 2013) on Sat.,
March 22, at 2 p.m.

RODGERS MEMORIAL LIBRARY

194 Derry Road, Route
102, Hudson, rodg-
slibrary.org, 886-6030

• **Cinema Celebration** on
Thurs., March 13, at 6:30 p.m.

• **Free Family Film** on Sat.,
March 15, at 10 a.m.

POLLARD MEMORIAL LIBRARY

401 Merrimack St., Lowell,
Mass., 978-970-4120, pollard-
ml.org, Film night on second

Thursday of the month at 6:30
p.m.

• **Independent Film Night** fea-
turing *Aliyah* (NR, 2012) on
Thurs., March 13, at 6:30 p.m.

THE MUSIC HALL

28 Chestnut St., Portsmouth,
436-2400, themusichall.org,

Some films are screened at
Music Hall Loft, 131 Congress
St.

• **Leviathan** (NR, documentary)
on Thurs., March 13, at 7 p.m.

• **The Past** (PG-13, 2013)
Thurs., March 13, at 7 p.m.

• **The Rocket** (NR, 2013) on Fri.,
March 14, at 7 p.m.; Sat., March
15, at 7 p.m.; & Thurs., March
20, at 7 p.m.

• **Inside Llewyn Davis** (R, 2013)
on Fri., March 14, at 7 p.m.;
Sat., March 15, at 7 p.m.; Tues.,
March 18, at 7 p.m.; & Wed.,
March 19, at 7 p.m.

• **Inside Llewyn Davis** (R, 2013)
on Fri., March 14, at 7 p.m.;
Sat., March 15, at 7 p.m.; Tues.,
March 18, at 7 p.m.; & Wed.,
March 19, at 7 p.m.

• **Inside Llewyn Davis** (R, 2013)
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Sat., March 15, at 7 p.m.; Tues.,
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THE ROUND UP

Local music news & events

By Michael Witthaus

mwwitthaus@hippopress.com

• **Concordance:** Several locals musicians, including **Chet Lawson's Snake Oil Review**, **Boogie On Alice**, **The Shardz**, **George Laliotis**, **Diamond Joe**, **Lucas Gallo** and **Robert Hodgman**, perform in downtown Concord. The show is a fundraiser for Tosh, a young boy with a rare genetic disorder that could shorten his lifespan to 18 years. Several area businesses are pitching in with raffle items. *A Night for Tosh* is Friday, March 14, at 9 p.m. at Penuche's Ale House, 6 Pleasant St., Concord. See on.fb.me/1gkB0IT.

• **Hip-hop hero:** In his home state of Connecticut, **Apathy** is king – of hip-hop, that is. The Demigodz and Get Busy Committee founder is known for sharp lyrical style, and beats appearing on records by Cypress Hill and others. He's shared stages with Snoop Dogg, Linkin Park and Ghostface Killah; a local show includes Marcus Black, Lyr-ic Devine, DJ Nefarious and six others. See Apathy on Saturday, March 15, at 8 p.m. at Penuche's, 96 Hanover St., Manchester. Tickets \$20 at brownpapertickets.com.

• **Winter harvest:** The fruits of this year's **RPM Challenge** are unveiled at a listening party. Musicians are tasked with recording 10 new and original tracks during February. Thousands of songs, ranging from folk to punk to ambient and bluegrass, resulted in a month that presented a perfect opportunity to work indoors and rock away cabin fever. RPM Challenge Listening Party on Saturday, March 15, at 6 p.m. at Portsmouth Music & Arts Center, 973 Islington St., Portsmouth. See rpmchallenge.com.

• **Ah afternoon:** With an encyclopedic songbook at the ready, **Kim Riley** aims to please with tunage ranging from rock to blues to folk pop. The singer/guitarist entertains and leverages the extra hour of daylight as a bevy of menu specials are on offer. Including music, pizza, punch and orange crème brulee, the event is dubbed *Sweets, Treats and Tunes*. See Kim Riley on Sunday, March 16, at 4 p.m. at Copper Door, 15 Leavy Drive, Bedford. See copperdoorrestaurant.com.

• **Battle on:** At Round 3 of the regional **Wormtown Battle of the Bands**, Neighborhood Formula, Leaders Led and Midnight Snack square off for a chance to appear at Strange Creek Campout in May. Following the semifinals on March 26, a winner will head to the crowning round on March 29 in Southbridge, Mass. Discounted Strange Creek tickets are available at this free show. Wormtown Battle of the Bands on Wednesday, March 19, at 9 p.m. at Stone Church, 5 Granite St., Newmarket. See strangecreek-campout.com.

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NITE Ever green

Finding real Irish on St. Patrick's Day

By Michael Witthaus

mwwitthaus@hippopress.com

Any tavern worth its salt becomes Irish on St. Patrick's Day. But for some, March 17 is like any other day of the year — just amplified. It begins at dawn with a ceremonial first pint (usually Guinness) and a traditional breakfast of black pudding, rashers, potato farls and baked beans. A band plays "Whiskey In the Jar" and "Wild Mountain Thyme." The Irish enthusiasm starts early and lasts all the way to closing time.

This is true even if St. Patrick's falls on a Monday, as it does this year. Places like Salt hill Pub, Cara Irish Pub, Shaskeen, Wild Rover, Mel Flanagan's, RiRa and Peddler's Daughter embody a spirit that's unconnected to plastic shamrocks and green beer. Each strives to be a public house first and foremost. It's an essence that can't be tapped into a glass or hung on a wall.

"You can go online and buy an Irish pub bric-a-brac kit and put it up in a day, but that does not an Irish pub make," said Josh Tuohy, who, along with his brother Joe, opened the first Salt hill on the Lebanon Green just over a decade ago. "It's the community atmosphere inside. ... Every pub I've ever been to in Ireland, there's kids all over the place; it makes the environment."

Cara Irish Pub owner Tom O'Dowd agrees. "There is no such thing as an Irish pub in Ireland; there are public houses ... what's important is an ability to converse," he said.

Cuisine at the Dover restaurant/bar sits between pub fare and fine dining; Irish potato cakes share the menu with chili garlic pan-seared sea scallops and the like.

Both establishments are pulling out all the stops on St. Patrick's Day. For several years, Salt hill gave away a round trip for two to Ireland at its flagship location; this year, the Newport and Hanover locations are also offering the grand prize, along with roving bagpipers, a comical faux priest named Father William Hughes, and a range of traditional music from performers like O'hAnleigh and Irish Balladeer Jim Barnes.

Cara is literally flying the Emerald Isle to New England. Oracle, from Country Kerry (O'Dowd's Irish home), appears on Sunday and Monday. Originally, the group was set to play three days, but an airline work stoppage in Ireland scrapped a Saturday show. Sunday's set is a sit-down concert in the upstairs Chameleon Club, with step dancers and bagpipers.

"It's music as it is in Ireland today," said O'Dowd.

Jordan Tirrell-Wysocki discovered the fiddle at a second-grade contra dance and has played since age 7. This year, he and his trio kicked off Salt hill's 10 days of festivities on March 7, then he and guitarist Matt Jensen drove to the Adirondacks to perform a week of shows with *Finnegan's Farewell*, an Irish version of *Tony & Tina's Italian Wedding*.

On St. Patrick's Day, Tirrell-Wysocki and Jensen provide first pint music at the Newport Salt hill and then move to Manchester for



Josh Tuohy of Salt hill Pub

an afternoon set with the JT-W Trio at Shaskeen Pub. In the evening, the group appears at Stone Church, a few blocks away from the fiddler's home in Newmarket. It's a place where he and guitarist Jim Prendergast host a weekly Irish session Thursdays at 6 p.m.

The fiddler is a native New Englander who learned to love Ireland.

"I have some Irish blood, but it's not first generation or anything — I can't explain why I go for the music so much," he said.

With over a decade of busy St. Patrick's Days under his belt, he's highly in demand this time of year.

"It's a crazy day, and I usually get totally ill from exhaustion," he said. "It's not even a hangover, because I don't have time to drink. But it's totally worth it, it's a blast, and then you live off of it for the next month." 🍀

Stout and about

Where to find fun on St. Patrick's Day

By Michael Witthaus

mwwitthaus@hippopress.com

Here's a list of places offering activities on Monday, March 17, followed by events happening before or after the big day. Best advice is to arrive early — there's often a line to get into many places — and don't overdo it.

• **British Beer Co.** (103 Hanover St. at Portwalk Place, Portsmouth 501-0515) The Portsmouth location of this popular draft house has Guinness, Smithwick's and Jameson reps during the day and into the evening with giveaways and sampling.

• **Boondocks Tavern & Country Grille** (487 South Stark Highway, Weare 529-7747) St. Patrick's Day jam with Otis and the Elevators.

• **Cara** (11 Fourth St., Dover 343-4390) Oracle, direct from County Kerry, Ireland, performs a full production sit-down show on Sunday

afternoon with step dancers and bagpipers in the upstairs Chameleon Club; a second evening show may be added if it's popular enough. On Monday, Oracle appears again, along with the chaotic mirth that characterizes St. Patrick's Day. Over 1,000 people came last year and T-shirts are being sold in advance to guarantee fast passage into the bar/restaurant.

• **Cheers** (17 Depot St., Concord 228-0180) It's all about the food at this Concord location, with Irish Stew in a bread bowl and Guinness cupcakes topping the list of St. Patrick's Day specials.

• **Clark's Tavern** (40 Nashua St., Milford 769-3119) The Milford bar/restaurant will open at noon on St. Patty's Day, serving up the traditional corned beef and cabbage everyone knows and loves, with green PBR on draft and traditional Irish music throughout the day.

• **Derryfield** (625 Mammoth Road, Manchester 623-2880) Opening at 5:30 a.m.; the deck will be open if weather permits for this St.

Patrick's bash with Irish fare and music from both Hypercane Duo and D-Comp.

• **Fody's Tavern** (9 Clinton St., Nashua 577-9015) Serving corned beef and cabbage along with other Irish fare, green beer and promotions from Jameson, Guinness, Harp and the like, but no live music.

• **Fury's Publick House** (1 Washington St., Dover 617-3633) Open at noon and there are specials all day, with Erin's Guild playing traditional Irish music. Expect the AOH bagpipers to stop by this popular Irish spot, along with "the usual shenanigans."

• **Halligan Tavern** (32 W. Broadway, Derry 965-3490) It's a four leaf clover of fun happening all weekend long with bagpipes Friday through Sunday; on Monday bagpipes and drummers appear and the tavern opens at 7 a.m.

• **Harold Square** (226 Rockingham Road, Londonderry 432-7144) This restaurant presents an Irish feast on all three days, with corned beef

and cabbage served from 10 a.m. on March 17.

• **Hermanos Cocina Mexicana** (11 Hills Ave., Concord 224-5669) Eric Chase performs in the evening.

• **Holy Grail** (64 Main St., Epping 679-9559) In honor of its favorite Saint, the Grail will be celebrating all weekend with live entertainment, great Irish fare, hourly raffles and a traditional Irish Breakfast served in Camelot both Sunday and Monday. Max Sullivan plays at 1 p.m. and Full Moon at 5 p.m. on St. Patrick's Day.

• **J's Tavern** (63 Union Square, Milford 554-1433) Open at 7 a.m. with Irish eggs Benedict, corned beef and cabbage and similar food specials. Olde Salt performs in the afternoon.

• **Kelley's Row** (421 Central Ave., Dover 750-7081) Open at 10 a.m. with food served from 10:30 a.m. to 9 p.m. Main room music includes Brendan Bradigan, but there will be something happening on both floors.

• **Killarney's** (9 Northeastern Blvd., Nashua 888-1551) Double vision at this Irish pub — the traditional "Tapping of the Keg" ceremony happens Sunday at 2 p.m., followed by corned beef and cabbage buffet (\$14) and Kieran McNally playing traditional Irish music. Then on St. Patrick's Day, Killarney's opens at 11 a.m., with Kieran McNally and the corned beef and cabbage buffet back for an encore. \$10 cover charge.

• **Lamprey River Tavern** (110 Main St., Newmarket 659-3696) Penhallow performing traditional Irish instrumental music: Jeff Murdock, Tyler Buck, Lloyd Allen, Paul Delnero, and Joseph Fuller, from 2 to 4 p.m.

• **Makris** (354 Sheep Davis Road, Concord 225-7665) Open at 11 a.m. with Good Time String Band from 1 to 9 p.m. (traditional Irish music, sing-a-long and more) Food includes Irish stew, corned beef & cabbage, roast leg of lamb and more, plus Irish drinks; promos and giveaways; Jameson 4-5 p.m.; Guinness Pub Crawl.

• **McGarvey's** (1097 Elm St., Manchester 627-2721) Come celebrate one of McGarvey's Irish Saloon's most popular events opening at 10 a.m. with bagpipers along to kick things off and partying all the way until close at 1 a.m. Guinness draft running non-stop, along with Irish karaoke.

• **Mel Flanagan's** (50 N. Main St., Rochester 332-6357) Open everyday at 11 a.m.; boiled dinner; bagpipers, John Grimes (RiverDance) and dancers, singers, giveaways and specials. All entertainment begins after 5 p.m. \$5 cover on Monday only.

• **Milly's Tavern** (500 Commercial St., Manchester 625-4444) At this popular Manchester brew put, O'Brien Clan play at 1 p.m. Jameson promos, \$2 microbrewed green beer and corned beef and cabbage.

• **Moe Joe's Family Restaurant** (2175 Candia Road, Manchester 668-0131) The Black Pudding Rovers promise a toe-tapping evening of traditional jigs, reels, waltzes and sing-alongs, special guests and surprises. It begins at 4 p.m.

• **Murphy's Taproom** (494 Elm St., Manchester 644-3535) All day party begins at 9 a.m. with Joe McDonald, followed by Drew Yount at noon, Brooks Hubbard & Paul Costley at 3 p.m., Jimmy & Marcelle at 6p.m. and Black Velvet closing out the night starting at 9 p.m.

• **O'Shea's Tavern & Cigar Bar** (449 Amherst St., Nashua 943-7089) On Friday, a



Tom O'Dowd of Cara Irish Pub

rep from Filthy Hooligan Cigars, Jameson and JP Wiser promos and Olde Salt performing at 9 p.m. On Saturday, it's the Jameson Girls in the afternoon and the Guinness Girls in the evening, with Eddie Marini rocking the stage. Sunday features all-day-long beat-the-clock specials and on St. Patrick's Day Tribe Irish Liquor gives out samples from 4 to 6 p.m. and the Murphy's Girls stop by to hand out swag and give away samples, while the Irish Juke Box rocks all day.

• **Patrick's** (18 Weirs Rd., Gilford 293-0841) Friday, Saturday & Sunday Food Specials: Irish Shepherd's Pie, Patrick's Untraditional Boiled Dinner, Guinness Chocolate Cake with Bailey's Irish Crème Frosting; Monday, St. Patty's Day will feature the Irish specials noted above along with an all-you-can-eat Irish buffet. Entertainment begins at 11:30 a.m. with The O'Brien Clan and finishes with Paulie O'Warnick beginning at 5 p.m. There will be special promotions and giveaways throughout the day from Guinness, Bailey's, Jameson and others. Throughout the day there will be fundraising for Muscular Dystrophy Association.

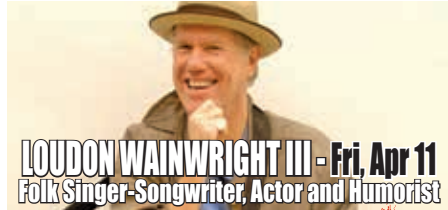
• **Peddler's Daughter** (48 Main St., Nashua 821-7535) The St. Patrick's Day food specials make this place famous, and the line to get in a long one. For music, Tommy Kierce Band performs direct from Ireland from 10 a.m. to noon, Irish Whispa takes the stage at 2 p.m., followed by Take 4 from 7 to 11 p.m.

• **Penuche's** (96 Hanover St., Manchester 626-9830) Jigsmusic and 182 Productions present the St. PaDDy's Day MaSSacre featuring The Romano Project & Blanket Party beginning at 8 p.m. It's a free show.

• **Press Room** (77 Daniel St., Portsmouth 431-5186) David Surette performs.

• **Red Blazer** (72 Manchester St., Concord 224-4101) Brad Myrick performs, and there will also be Irish food specials.

• **Ri Ra** (22 Market Square, Portsmouth 319-1680) At this downtown pub with a bar salvaged from an actual Irish tavern, the Auld Locals perform on St. Patrick's Day at 5:30 a.m. with the ceremonial first pint and Irish breakfast. The four-day weekend starts with Fighting Friday (6 p.m.) and Great Bay Sailor (10 p.m.) on Friday, March 14, Oran Mor at 3 p.m. on Saturday, March 15, a downstairs Irish Session at 5 p.m. and Josh Lamoy at 9 p.m. on Sunday, March 16.



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• **Salt hill Pub Hanover** (7 Lebanon St., Hanover 676-7855) First pint at 10 a.m. and traditional full Irish breakfast served 10 a.m. to 1 p.m. with music from O'hAnleigh at 10 a.m. followed by Bel Clare from County Clare, and from 9 p.m. to close, for over 15 years, one of Vermont's favorite Celtic/trad bands, Atlantic Crossing. Irish menu, three Irish bands, dancing, the Killian's Girls, the Drive-By-Bagpiper and prize giveaways, including a grand prize trip for two to Ireland.

• **Salt hill Pub Lebanon** (2 West Park St., Lebanon 448-4532) First pint at 9 a.m. and traditional full Irish breakfast served 9 a.m. to 1 p.m. with music from Bel Clare (Eamon Coyne & Tony Giblin) at 9 a.m., Irish Balladeer Jim Barnes at 1 p.m., Atlantic Crossing at 4 p.m. and closing the night out for the fifth year in a row at 9 p.m., O'hAnleigh. Irish menu, the Drive-by-Bagpiper, celebrity priest Father William Hughes, the Killian's Girls and prizes, including a trip for two to Ireland.

• **Salt hill Pub Newport** (58 Main St., Newport 863-7774) First pint at 9 a.m. and traditional full Irish breakfast served 9 a.m. to 1 p.m. with music from Jordan Tirrell-Wysocki Trio performing at 9:30 a.m., O'hAnleigh at 2:30 p.m., Irish Balladeer Jim Barnes at 6 p.m. and internationally acclaimed Celtic/trad duo Bel Clare closing out the evening at 9 p.m. Irish menu, Killian's Girls, Drive-By-Bagpiper and prize giveaways, including a grand prize trip for two to Ireland.

• **Shaskeen** (909 Elm St., Manchester 625-0246) Big time Irish at this downtown institution, open at 5 a.m. and serving the first pint at 6 a.m. Irish breakfast with corned beef, Guinness beef stew and music from Demijohn Music Clan, Jordan Tirrell-Wysocki, Aldous Collins Band and Bruce Jacques.

• **Stone Church** (5 Granite St., Newmarket 292-3546) Get ready to thrown down hard with Stone Church faves, the Jordan Tirrell-Wysocki Trio, playing authentic Celtic music with a jam band twist. Tickets \$8/advance, \$10/day of show.

• **Strange Brew** (88 Market St., Manchester 666-4292) All day party with music from Andy Happel; David Rousseau; Jim Houghton; NHPA Pipe & Drums; The Short Brothers.

• **Tandy's** (1 Eagle Square, Concord 856-7614) DJs Friday and Saturday; singer-songwriters on Sunday include Rachel V. Monday, open at 11 a.m. with Jamison and Guinness promos all day, green beer and food specials.

• **Whippersnappers** (44 Nashua Road, No. 13, Londonderry 434-2660) Chad LaMarsh performs at 4 p.m. followed by Dave Clark at 7 p.m. with with corned beef cabbage specials — maybe even a revival of its barbecue version.

• **Wild Rover** (21 Kosciuszko St., Manchester 669-7722) The day begins at 5:30 a.m. with the ceremonial first pint, a traditional Irish breakfast and plenty of Emerald Isle charm at this local Celtic institution. The Rover is the oldest Irish pub in town. The bar has St. Patrick's Day T-Shirts for sale that were designed by their very own Julian Perry. Irish DJ Sean O'Brien entertains from 8 a.m. to noon.

• **World Sports Grille** (50 Phillippe Cote St., Manchester 626-7636) Biggest St. Patrick's party ever with Greg and the Morning Buzz from Rock 101 all day long. Opening at 5:30 a.m.

Bookending the big day:

Wednesday, March 12

• **Portsmouth Book & Bar** (40 Pleasant St., Portsmouth 427-9197) The Henry Girls, three sisters from County Donegal, Ireland, perform, blending Irish and American roots styles with the retro sounds of close harmony groups of the 1940s & '50s. Tickets \$10.

Thursday, March 13

• **Barley House** (132 N. Main St., Concord 228-6363) The Capitol City tavern is getting ready for St. Patrick's Day with an informative tasting featuring Jameson Gold, Jameson 12 year and Jameson Traditional. Angela from Southern Wine & Spirits will be on board to guide patrons through the tasting.

• **Tupelo Music Hall** (2 Young Road, Londonderry 437-5100) Makem & Spain Brothers perform at 8 p.m. The Spain Brothers, too, learned Irish songs at their father's knee. Mickey's rich, baritone voice and Liam's mastery of stringed instruments quickly found a home when the Makems met the Spains and the brothers realized the power of their combined talents. Tickets are \$25.

Friday, March 14

• **Amoskeag Studio** (250 Commercial St. No. 2007, Manchester 315-9320) Enjoy Celtic music with Joe Deleault and The Reel Tuckermans: Jim Prendergast, guitar; Ellen Carlson, fiddle; Joe Deleault, accordion. Tickets are \$10 (\$40 family max).

Saturday, March 15

• **Alan's** (133 N. Main St., Boscawen 753-6631) Corned beef and cabbage along with other traditional Irish fare all day, with music from Those Guys — a band, not a reverie.

• **Arena** (53 High St., Nashua 881-9060) Irish Dinner & Comedy Show with green Bud Light, corned beef and cabbage and laughs from Alana Susko's Comedy On Purpose.

• **Boston Billiard Club** (55 Northeastern Blvd., Nashua 943-5630) Music from an as yet undetermined live band with in-between DJ set begins at 7 p.m. with Jameson Whiskey promotions all night and no cover charge.

• **Mad Bob's** (342 Lincoln St., Manchester 669-3049) Drink specials and giveaways all night long, with rock band Easy Riders hitting the stage beginning at 8 p.m.

Sunday, March 16

• **Country Spirit** (262 Maple St., Henniker 428-7007) Open at 8 a.m., and the live music begins right away with Beechwood and Mikey G. along with corned beef and cabbage all day.

Friday, March 21

• **Capitol Center for the Arts** (44 S. Main St., Concord 225-1111) Farewell to Irish Rovers. For nearly 50 years, The Irish Rovers have charmed and entertained audiences around the world with their exciting stage shows, rousing drinking songs and beautiful original ballads. With the band set to retire in 2015, don't miss what might be the last chance to experience this rollicking performance of good cheer. Tickets are \$28-\$38. 🍀



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Mister Happy

Mitch Fatel's lusty laughs

By Michael Witthaus
mwitthaus@hippopress.com

There is a lot of sex in Mitch Fatel's act. The comic gushes in whispered amazement over the female form, and all of the pleasure flowing forth from it. Sometimes, he changes the subject to fame and talent, but only to crow that having both allows him to satisfy his urges with more women than he ever dreamed possible.

"It makes me soooo happy," Fatel says on stage, his signature refrain for all things libidinous.

Fatel got married last year, but it hasn't slowed him down or tempered his act. In fact, his standup improved with the nuptials, he said.

"My act is entirely about my hot sex life, and it's made me a better comedian — more fun, bigger laughs, more compliments than ever."

Obviously, Fatel cares about keeping the customer satisfied. His accomplishments over the years include multiple appearances on all the big late night shows, Comedy Central specials, and headliner status worthy of two upcoming New Hampshire appearances — his first ever in the Granite State.

One of the most satisfying accolades came from someone Fatel considers a role model.

"I had two huge idols as a kid: Howard Stern and Steve Martin," he said. "What I got from Howard was honesty — who he was, the real things that happened to him in his life. I tried to do the same when I got up on stage."

While attending NYU in the mid-1980s,



Mitch Fatel

Fatel worked as an intern on Stern's show. In hindsight, he wishes he hadn't taken the job.

"When you meet your heroes too young in life, they lose a lot of their luster; they become real people to you," he said. "I don't want to meet Steve Martin, because I don't want to lose that vision of him I had as a kid."

Fatel left after just six months and didn't speak to Stern again for 15 years. In 2001, Fatel was a guest on Stern's radio show following a *Late Night With David Letterman* appearance. The "King of All Media" told him he was a funny comic and said he was proud that Fatel had never tried to use his brief internship to help his career.

"He realized that I needed to know that I could do it on my own. ... I think Howard appreciated that," he said. "Now he's my biggest fan, and I adore him. He is still my all-time greatest hero."

Like many comics, Fatel has a second career on Twitter, and his tweets have raised hackles on occasion. Here's one that led to a small flood of unfollows: "Wow, just heard the news. Nelson Mandela crashed his Porsche into a light pole. Tragic end for one of my true heroes."

Pissed-off people miss the point, said Fatel.

"I don't think people realize — and it's hysterical to me — the greatest feeling we have is upsetting people. You get tons of tweets back — 'I'm done following YOU.' We love that. For everyone you've upset, there's somebody else who loves us for doing that. ... If you really want to hurt me, just stop following me, *don't* tell me, and I'll see my numbers go down." 🍷

Mitch Fatel in NH

Friday, March 14, at 9 p.m. at Headliners Comedy Club (Radisson Hotel), 700 Elm St., Manchester (Tickets \$25 at headlinerscomedyclub.com)

Saturday, March 15, at 9 p.m. at Chameleon Club (Cara Irish Pub), 11 Fourth St., Dover (Tickets \$20.75 and \$25.75 at awesoment.com)

Night Life

Music, Comedy & Parties
• **JOE DELEAULT AND THE REEL TUCKERMANS** at Amoskeag Studio (250 Commercial St. No. 2007, Manchester 315-9320) on Fri., March 14, at 7:30 p.m. \$10 (\$40/family) Celebrate an early St. Patrick's Day with an evening of Celtic music with Joe Deleault and The Reel Tuckermans - Jim Prendergast, guitar; Ellen Carlson, fiddle and Joe Deleault, accordion.
• **DALE GONYEA, PIANIST** at Elm Street Middle School (117 Elm St., Nashua 318-1792)

on Sat., March 15, at 8 p.m. \$28/\$11.50 Students - Gonyea is an Emmy winner, a Clio nominee, and his song-spoof, "I Need Your Help, Barry Manilow" was Grammy-nominated for Comedy Record of the Year.
• **BRADFORD BOG PEOPLE** at SpireSide Coffee House (6 Stark Highway North, Dunbarton) on Sat., March 15, at 7:30 p.m. Beth Eldridge and Woody Pringle of Bradford present lively foot stomping traditional music of the Appalachian Mountains on banjo, fiddle, and guitar.
• **BOOGIEMEN BAND** at

American Legion Post 59 (538 W. Main St., Hillsborough 478-0091) on Sat., March 15, at 8 p.m. Cover band playing rock and roll classics, open to public and invited guests.
• **ST PATRICK'S DAY DANCE** at American Legion Post 51 (Route 125, across from Telly's, Epping 773-4250) on Sat., March 15, at 8 p.m. \$5 - Then Again Band featuring classic oldies. Only 100 New England Boiled Dinner Tickets will be sold for \$12/person includes dance.

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Sun., March 23

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Fri., April 4

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**Tues.,
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8:00 p.m.
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**Fri.,
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**Sat.,
April 12**

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**Sun.,
April 13**

7:00 p.m.
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**Thurs.,
April 17**

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JOAN OSBORNE



**Fri.,
April 18**

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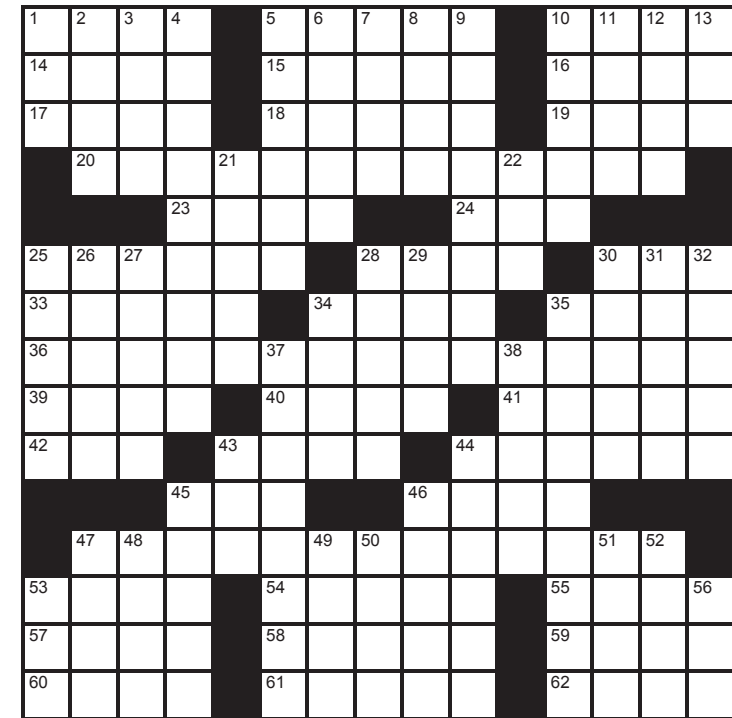
Full Schedules and Tickets: TupeloHall.com

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Tease me, puzzle me

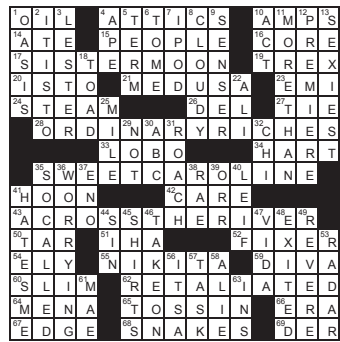
Across

1. Prodigy ‘The Fat Of The ___’
5. Michael that sang ‘Everybody Hurts’
10. 70s Frida Lyngstad pop band
14. Boston rockers Letters To ___
15. Large number of fans
16. Kihn of the 80s
17. Brooks’ country partner
18. Mumford & Sons won’t let us choke on one
19. Dido “___ angel, but please don’t think that I won’t try and try” (2,2)



20. “Your ___ and your daddy don’t rock and roll” (4,4,5)
23. Short piece of concert footage
24. Steve Vai song for eating bacon?
25. ‘And It Stoned Me’ line: “With a great big ___ jar”
28. Like hands when you can’t get to show
30. Classic ‘77 Steely Dan album
33. Spacehog’s 1st ‘Resident ___’
34. Beatles “Lovely ___ meter maid”
35. Ramones ‘Life’s ___’ (1,3)
36. ‘88 Scorpions ‘Rhythm Of Love’ album (6,9)
39. Guns & Roses ‘Garden Of ___’
40. Rollins Band song about stagehand?
41. Craze

3/6



42. ‘The Madcap Laughs’ Barrett
43. Jayhawks ‘Black-___ Susan’
44. Billy Joel ‘A ___ Of Trust’
45. Emerson, Lake & Palmer (abbr)
46. Bryan Ferry ‘River Of ___’
47. ‘99 Foo Fighters album ‘There ___ To Lose’ (2,7,4)
53. Dishwalla ‘___ In A While’
54. ‘67 Warhol movie Nico was in (1,1,3)
55. Cheer for band
57. B-52s travelling hit
58. Impersonator: look-___
59. Black cat-inspired LA metal band?
60. ‘Rosealia’ Better Than ___
61. A musical group that consists of nine people
62. Tracy Chapman’s ‘Car’

Down

1. ‘Daft Punk Is Playing At My House’ ___ Soundsystem
2. Musician’s Institute grad
3. ‘99 Red Balloons band
4. Did ‘American Pie’ album/song in ‘71 (3,6)
5. Talking Heads ‘___ The Vaseline: Popular Favorites’ (4,2)
6. Marching band
7. XTC ‘Paper And ___’
8. ‘Here’s To The ___’ A Day To Remember
9. Fergie band Black ___ (4,4)
10. Assembly Of Dust ‘Samuel ___’
11. Black Rebel Motorcycle Club (abbr)

12. ‘Stand By Me’ ___ King (3,1)
13. ‘Chicago Is So Two Years ___’ Fall Out Boy
21. ‘I Get ___’ Libertines
22. 80s concert sensation ‘Live ___’
25. Avulsed ‘Malodorous Lethal ___’
26. Commodores ‘Three Times ___’ (1,4)
27. Moby ‘One Time We ___’
28. Like yellowish stage presence
29. “Turn ___!” (2,2)
30. Foreigner ‘___ Provocateur’
31. She’s ‘Got A Gun’, to Aerosmith
32. Boy Meets Girl ‘Waiting For ___ To Fall’ (1,4)
34. Like out of print Lps
35. Iron Maiden ‘___ Life And Death’ (1,6,2)
37. Walk Like An ___
38. Metallica ‘Kill ___’ (2,3)
43. ‘Strange Magic’ band
44. ‘Dopes To Infinity’ Monster ___
45. Blink-182 album ‘___ Of The State’
46. ‘Oil’ Steve Earle uses
47. Rick Springfield ‘Living ___’ (2,2)
48. Def Leppard ‘X’ closer
49. Bloc Party song about an angel’s headgear?
50. Robert Plant “___ the mood for a melody” (2,2)
51. ‘95 Nixons ‘Sister’ album
52. They tap when watching a good band
53. Black ‘N Blue Northwestern home state, for short
56. AC/DC’s second outing
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Fat Daddy's Café
650 Amherst St. 821-
5136

Fody's Tavern
9 Clinton St. 577-9015

Haluwa Lounge

Nashua Mall 883-6662

Killarney's Irish Pub
9 Northeastern Blvd.
888-1551

Martha's Exchange

185 Main St. 883-8781

Michael Timothy's
212 Main St. 595-9334

Nashua Garden

121 Main St. 886-7363

O'Shea's Tavern &

Cigar Bar

449 Amherst St. 943-
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Peddler's Daughter

48 Main St. 821-7535

Pine Street Eatery

136 Pine St. 886-3501

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1718

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New London

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Londonderry

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Groove Alliance

Manchester

Breezeway Pub: DJ

Mckay NRG Dance

British Beer Co.:

Jackson Wetherbee Band

Club 313: DJ Bob

Derryfield: Last Kid

Picked

Element: Dance Party

w/DJ Smallz

Jade Dragon: Done By 9

Mad Bob's: My Sister

Will, EZ Riderz, A

Simple Complex

ManchVegas: Big

Country Party

Milly's: Mayday/Quiet

Akillez/Juvenile

Newington

Momma D's Casa di

Pasta

347 Shattuck Way 431-
6511

Newmarket

KJ's Sports Bar

N. Main St. 659-2329

Lamprey River Tavern

110 Main St. 659-3696

Stone Church

5 Granite St. 292-3546

Newport

Salt Hill Pub Newport

58 Main St. 863-7774

Newton

Hen House

85 S. Main St 382-1705

North Hampton

Locals

215 Lafayette Rd.

379-2729

Northwood

Tough Tymes

221 Rochester Rd

942-5555

Pelham

Shooters

116 Bridge St. 635-3577

Peterborough

Harlow's Pub

3 School St. 924-6365

Plaistow

Corner Pocket

181 Plaistow Rd.

382-3130

Dugout Grille

93 Main St. 819-4947

Racks Bar & Grill

20 Plaistow Rd. 974-2406

Sad Café

148 Plaistow Rd. 382-8893

Portsmouth

Blue Mermaid

The hill at Hanover and

High streets 427-2583

British Beer Co.

103 Hanover St. 501-
0515

Daniel Street Tavern

111 Daniel St. 430-1011

Dolphin Striker

15 Bow St. 431-5222

Fat Belly's

2 Bow St. 610-4227

Hilton Garden Inn

100 High St. 431-1499

Jitto's Supersteak

3131 Lafayette Rd

436-9755

MoJo's BBQ Grill

95 Brewery Lane

436-6656

Oar House

50 Ceres St. 436-4025

Paddy's American Grill

27 International Dr.

430-9450

Portsmouth Gas Light

64 Market St. 431-9122

Portsmouth Pearl

45 Pearl St. 431-0148

Press Room

77 Daniel St. 431-5186

Red Door

107 State St. 373-6827

Red Hook Brewery

35 Corporate Dr.

430-8600

Ri Ra Irish Pub

22 Market Sq. 319-1680

Rudi's

20 High St. 430-7834

Rusty Hammer

49 Pleasant St. 436-9289

Thirsty Moose

21 Congress St. 427-8645

Wet Bar at Pages

172 Hanover St. 436-
0004

Raymond

Famous Legends

4 Essex Dr. 895-4474

Salem

Black Water Grill

43 Pelham Road

328-9013

Coffee Coffee

326 S. Broadway

912-5381

Jocelyn's Lounge

355 S. Broadway

870-0045

JT's Bar and Grill

326 S. Broadway

893-4055

Sayde's Restaurant

136 Cluff Crossing

890-1032

Varsity Club

67 Main St. 898-4344

Seabrook

Chop Shop Pub

920 Lafayette Rd

760-7704

Honey Pot Bar &

Lounge

920 Lafayette Road

760-2013

Master McGrath's

Route 107 474-6540

Prime Time Sports Grill

620 Lafayette Rd

760-7230

Sunapee

One Mile West Tavern

6 Brook Road 863-7500

Sunapee Coffee House

Rte. 11 & Lower Main

St. 229-1859

Tilton

Black Swan Inn

354 W. Main St.

286-4524

Weare

Boondocks Tavern &

Country Grille

487 South Stark Highway

529-7747

Windham

Common Man

88 Range Road 898-
0088

Jonathon's Lounge

Park Place Lanes, Rte 28

800-892-0568

The Castleton

92 Indian Rock Rd.

800-688-5644

Murphy's: Jimmy's

Down

N'awlins Grille: The

Big Easy Quartet

Raxx: DJ Mike

Shaskeen: Everymen,

Yankee Cockfight,

Radiator Rattlers

Strange Brew: Tammy

Lynn & Myles

TJ's: DJ SP1 w/ Guests

Merrimack

Homestead: Gary Lopez

Milford

Clark's: Ryan Bossie

Nashua

Amsterdam: Pat

Gendron

Arena: Live Music /

DJ Danjah & Dueling

Pianos

Country Tavern: Kim

Riley

Killarney's: Mike Moore

Peddler's Daughter:

3rd Left

Stella Blu: The

Gentleman Outfit

Wicked Twisted: Bad

Medicine

New Boston

Molly's: Tavern: Brad

Rosse: Peter Pappas

Peterborough

Harlow's: Who'da

Funk It

Portsmouth

Blue Mermaid: Back on

the Train

British Beer Co.: DJ

Johnny Friday



BREAKDOWN BRODY

Comedy Central reality series star Brody Stevens appears with Nick Lavalley on Wednesday, March 19, at 9 p.m. at Shaskeen Pub (909 Elm St., Manchester, 625-0246). The Southern California native turned a public Twitter breakdown and 17 days in a psychiatric ward into "Brody Stevens: Enjoy It," which combined his mental struggles and standup shtick for the network's first dramedy series. Zach Galifianakis executive produced the show; the two met on the NYC comedy circuit, and Stevens appeared in *Due Date* and both *Hangover* movies.

Sunapee

Sunapee Coffee House: Ian Fitzgerald

Saturday, March 15

Bedford

Shorty's: The Sundogs

Belmont

Lakes Region Casino: Tripwire

Concord

Hermanos: Second Wind
Tandy's: DJ Iceman Streetz
True Brew: YourBand.Info Solo
Night w/ Dusty Gray, Dan Lepage, Rachel Vogelzang, Lucas Gallo, Chris Peters, Patrick Gochez, George Laliotis

Contoocook

Covered Bridge: Don Bartenstein

Dover

Asia: DJ Shadow Walker
Brickhouse: Gazpacho
Kelley's Row: Guinness Fire
Fighter Promo
Sonny's: Run Before you Crawl

Epping

Holy Grail: Julie Dougherty

Gilford

Patrick's: Don Severance

Hampton

Wally's Pub: Clownshoe

Henniker

Sled Pub: Sparrow's Joy Irish
String Band

Hooksett

Tap House: Discount Gigolos

Laconia

Baja Beach Club: DJ

Londonderry

Coach Stop: Paul Luff
Whippersnappers: Souled Our
Show Band

Manchester

British Beer Co.: D-Comp Trio
Club 313: Divas Gone Wild w/ Mercadies
Derryfield: Hoode Thunk
Element: Dance Party with DJ Smallz
Jade Dragon: Tigerlily
Jam Factory: Three of Clubs
Mad Bob's: Conforza CD Release
Show w/ Rumors of Betrayal, The Summoned, Matahari, Cyptodira, My Missing Half
ManchVegas: Live Rock Music
Midnight Rodeo: Karen Morgan & Pony Express
Milly's: Lauren Hurley
Murphy's: Triple Tantrum
N'awilins Grille: Boo Boo Groove
Raxx: DJ Mike
Shaskeen: Stargroves w/ Abigail Breslin (Little Miss Sunshine)
Strange Brew: HR & Company

Merrimack

Homestead: Steve Tolley

Milford

Clark's: Three Year Anniversary
w/Rumblefish
Pasta Loft: B-3

Nashua

Amsterdam: Encircle
Boston Billiard Club: DJ
Anthem Throwback
Country Tavern: Wooden Soul
Peddler's Daughter: Nimbus 9
Stella Blu: MB Padfield

New Boston

Molly's:
Puddle Jump: Pete Smith

Newmarket

Stone Church: Lallapalalla

Peterborough

Harlow's: Todd Biggins

Plaistow

Sad Cafe: Zombie Frogs/Divided
Paths

Portsmouth

Blue Mermaid: Jamsterdam
British Beer: Chris White Band
Dolphin Striker: The Groove Cats
Fat Belly's: DJ Provo
Gas Light: Annual St. Patrick's Day Party in the Nightclub; Grill: Tony Santesse; Pub: Drew Yount
Hilton Garden: Joel Cage
Oar House: Don Severance
Portsmouth Book & Bar: Shun Ng
Press Room: Todo Bien
Red Door: Mike Swells
Rudi's: Bryan Killough Trio
Thirsty Moose: Destroy Babylon

Weare

Boondocks: Mama Love & The Wicked Sons

Sunday, March 16

Bedford

Copper Door: Kim Riley

Concord

Hermanos: Eric Chase

Dover

Brickhouse: Live Jazz Brunch with Jim Dozet Trio
Cara: Oracle direct from Ireland (for St. Patrick's Day)
Kelley's Row: St. Patrick's Day Party
Sonny's: Sonny's Jazz Series

Epping

Holy Grail: Karen Grenier

Londonderry

Whippersnappers: Bongo Fury

Loudon

Hungry Buffalo: Jim Barnes Irish Balladeer

Manchester

British Beer Company: Bloody Blues Brunch Series featuring Jike Joint Five
Milly's: DJ
Shaskeen: Rap, Industry night

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St. Patrick's Day
Festivities

We'll open at 9AM on St. Patty's day

With a hearty Irish breakfast and
Corned Beef & Cabbage,
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Guinness meat balls all night.

Our musical line-up

Andy Happel from 9AM -12PM
David Rousseau upstairs 12PM -3
David Rousseau downstairs 6-10PM
Jim Houghton 4-8PM
The Short Bros. 5-close

Lots of promos and giveaways
throughout the day.



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St. Patrick's week
Events Through the 17th

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To: 821-0622

FRIDAY 14TH - 3rd Left

SATURDAY 15TH - Nimbus 9

SUNDAY 16TH - Irish Breakfast & Hangover brunch 11am

Fiddler's Rock 11am-3pm

Mc Gonagle School of Irish Dance 3pm- 5pm

Pop Farmers 6pm- Close

ST. PATRICKS DAY MON. 17TH

8AM for Kegs & Eggs & Irish Breakfast served till noon. Corned Beef & Cabbage & much more!

TOMMY KIERCE BAND 10AM-2PM

IRISH WHISPA 2PM-7PM

TAKE 4 7PM-11PM



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With "Green" Beer

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GET THE CROWDS AT YOUR GIG

Want to get your show listed in the Music This Week? Let us know all about your upcoming show, comedy show, open mike night or multi-band event by sending all the information to music@hippopress.com. Send information by 9 a.m. on Friday to have the event considered for the next Thursday's paper.

NITE CONCERTS

Capitol Center for the Performing Arts 44 S. Main St., Concord, 225-1111, ccanh.com
The Colonial Theatre 95 Main St., Keene, 352-2033, thecolonial.org
Dana Humanities Center at Saint Anselm College 100 Saint Anselm Drive, Manchester, 641-7700, anselm.edu/dana
The Flying Monkey 39 S. Main St., Plymouth, 536-2551, flyingmonkeynh.com
Hampton Beach Casino Ballroom 169 Ocean Blvd., Hampton Beach, 929-4100, casinoballroom.com
Leddy Center 38c Ladd’s Lane, Epping, 679-2781, leddycenter.org
Lowell Boarding House Park 40 French St., Lowell, Mass., www.lowellsummermusic.org

Lowell Memorial Auditorium East Merrimack Street, Lowell, Mass., 978-454-2299, lowellauditorium.com
Meadowbrook U.S. Cellular Pavilion 72 Meadowbrook Lane, Gilford, 293-4700, meadowbrook.net
The Middle Arts & Entertainment Center 316 Central St., Franklin, 934-1901, themiddlenh.org
The Music Hall 28 Chestnut St., Portsmouth, 436-2400, themusichall.org
The Old Meeting House, 1 New Boston Road, Francestown
Palace Theatre, 80 Hanover St., Manchester, 668-5588, palacetheatre.org

Prescott Park Arts Festival 105 Marcy St., Portsmouth, www.prescottpark.org, 436-2848
Rochester Opera House 31 Wakefield St., Rochester, 335-1992, rochesteroperahouse.com
Stockbridge Theatre Pinkerton Academy, Route 28, Derry, 437-5210, stockbridgetheatre.com
Tupelo Music Hall 2 Young Road, Londonderry, 437-5100, tupelohall.com
Verizon Wireless Arena 555 Elm St., Manchester, 644-5000, www.verizonwirelessarena.com
Whittmore Center Arena, UNH 128 Main St., Durham, 862-4000, whittcenter.com

- **Makem and Spain Brothers** Thu., March 13, 8 p.m. Tupelo
- **The Straits** Fri., March 14, 7:30 p.m. Flying Monkey
- **Lenny Clarke & His Cast of Characters** Fri., March 14, 7 p.m. Palace Theatre
- **Paula Poundstone** Sat., March 15, 7:30 p.m. Flying Monkey
- **Frank Santos (R-Rated Hypnotist)** Sat., March 15, 7 p.m. Palace Theatre
- **Jefferson Starship 40th Anniversary Tour** Sat., March 15, 8 p.m. Tupelo
- **Chris Botti** Sun., March 16, 8 p.m. Music Hall
- **Royal Southern Brotherhood** Sun., March 16, 8 p.m. Tupelo
- **Rock of Ages** Tue., March 18, 7:30 p.m. Cap Center
- **Keb' Mo'** Wed., March 19, 7:30 p.m. Lebanon Opera House
- **Robert Cray** Thu., March 20, 7 p.m. Cap Center
- **Rick Springfield** Thu., March 20, 8 p.m. Colonial Theatre
- **Irish Rovers Farewell Tour** Fri., March 21, 7:30 p.m. Cap Center
- **Robert Randolph & The Family Band** Fri., March 21, 7:30 p.m. Flying Monkey
- **John Eddie** Fri., March 21, 8 p.m. Tupelo
- **Harvey Robbins presents: Royalty of Rock 'n' Roll** Sat.,

- March 22, 8 p.m. Colonial Theatre
- **Paul Barrere & Fred Tackett (Little Feat Acoustic Duo)** Sat., March 22, 7:30 p.m. Flying Monkey
 - **Kobo Town** Sat., March 22, 8 p.m. Music Hall
 - **Ed Kowalczyk (Live)** Sat., March 22, 8 p.m. Tupelo
 - **Nick Chandler & Delivered Bluegrass** Sun., March 23, 2 p.m. Lebanon Opera House
 - **Nick Chandler & Delivered** Sun., March 23, 2 p.m. Lebanon Opera House
 - **Enter the Haggis** Sun., March 23, 8 p.m. Tupelo
 - **Craig Ferguson** Mon., March 24, 7 p.m. Cap Center
 - **Piano Guys** Mon., March 24, 8 p.m. Music Hall
 - **John Prine** Wed., March 26, 8 p.m. Cap Center
 - **Experience Hendrix** Thu., March 27, 8 p.m. Casino Ballroom
 - **Peter Wolf** Thu., March 27, 8 p.m. Tupelo
 - **Rock N Blues Guitar Summit** Fri., March 28, 7:30 p.m. Flying Monkey
 - **Josh Ritter** Fri., March 28, 8 p.m. Music Hall
 - **Steep Canyon Rangers & Della Mae** Fri., March 28, 8 p.m. Silver Center
 - **Peter Wolf** Fri., March 28, 8

- p.m. Tupelo
- **Mike Gordon (Phish)** Sat., March 29, 7:30 p.m. Flying Monkey
 - **Peter Wolf** Sat., March 29, 8 p.m. Tupelo
 - **Shawn Mullins** Sun., March 30, 8 p.m. Tupelo
 - **Jim Belushi & Chicago Board of Comedy** Tue., April 1, 8 p.m. Music Hall
 - **Clint Black** Thu., April 3, 7:30 p.m. Flying Monkey
 - **Brit Floyd** Thu., April 3, 8 p.m. Verizon Wireless Arena
 - **Sandy Hackett's Rat Pack Show** Fri., April 4, 7 p.m. Lowell Memorial Auditorium
 - **Brooks Young Band** Fri., April 4, 7 p.m. Rochester Opera House
 - **Roomful of Blues** Fri., April 4, 8 p.m. Tupelo
 - **Willy Porter** Sat., April 5, 8 p.m. Tupelo
 - **Y&T** Sun., April 6, 8 p.m. Tupelo
 - **Y&T** Mon., April 7, 8 p.m. Tupelo
 - **Ballroom w/ A Twist** Tue., April 8, 7:30 p.m. Cap Center
 - **Psychedelic Furs** Tue., April 8, 8 p.m. Tupelo
 - **Hal Holbrook in Mark Twain Tonight** Fri., April 11, 7 p.m. Cap Center
 - **Scrap Arts Music** Fri., April 11, 7:30 p.m. Dana Center

NITE MUSIC THIS WEEK

Social 24: Sunday Funday Winter Jam Sessions
Strange Brew: Howard Randall

Meredith Giuseppe's: Open Stage with Lou Porrazzo

Nashua
Killarney's: Tapin O' The Keg w/Kieran McNally
Peddler's Daughter: Fiddler's Rock 11AM TO 4PM; Pop Farmers 6pm

Portsmouth
British Beer Company: Bloody Blues Brunch featuring Boston Baked Blues
Dolphin Striker: Jim Gallant
Red Door: Green Lion Crew
Ri Ra: Josh Cramoy
Rudi's: Jazz Brunch w/ Rob Gerry

Monday, March 17
Concord
Hermanos: Eric Chase
Red Blazer: Brad Myrick

Dover
Cara: Oracle direct from Ireland
Fury's: Erin's Guild

Epping
Holy Grail: Max Sullivan/Full Moon

Gilford
Patrick's: Paul Warnick

Londonderry
Whippersnappers: Chad LaMarsh/Dave Clark

Manchester
Derryfield: Hypercane Duo; D-Comp
Fratello's: Rob Wolfe
Milly's: O'Brien Clan
Murphy's Taproom: Joe McDonald; Drew Yount; Brooks Hubbard & Paul Costly; Jimmy & Marcelle; Black Velvet
Penuche's: Romano Project & Blanket Party
Shaskeen: Demijohn Music Clan, Jordan Tirrell-Wysocki, Aldous Collins Band & Bruce Jacques

Strange Brew: Andy Happel; David Rousseau; Jim Houghton; NHPA Piple & Drums; The Short Bros
Wild Rover: Sean O'Brien, Irish DJ

Merrimack
Homestead: Doug Thompson

Milford
Clark's: Irish music
J's Tavern: Olde Salt

Nashua
Killarney's: Kieran McNally
Peddler's Daughter: Tommy Kierce Band/Irish Whispa

Newmarket
Stone Church: Jordan Tirrell-Wysocki Trio

Portsmouth
Dolphin Striker: Old School
Press Room: David Surette
Red Door: Chris Cyrus / Jake Roche
Ri Ra: Auld Locals

Weare
Boondocks: Otis & the Elevators Jam

Tuesday, March 18
Brookline
Mad Hatter: Rock Snowmen

Concord
Barley House: Irish Sessions
Hermanos: Craig Jaster

Dover
Fury's: Tim Theriault and Friends
Sonny's: Soggy Po' Boys

Hampton
Wally's Pub: Tantric (St. Patrick's Day)

Londonderry
Whippersnappers: VJ Mark

Manchester
Milly's: Manchuka
Raxx: DJ Mike
Shaskeen: Tom Deniston
Strange Brew: All Stars

Merrimack
Homestead: Paul Luff

Newmarket
Stone Church: Bluegrass Jam w/ Dave Talmage

Portsmouth
Blue Mermaid: Honky Tonk Tuesdays
Dolphin Striker: George Belli acoustic
Press Room: Larry Garland Jazz Jam

Wednesday, March 19
Concord
Hermanos: Craig Jaster

Dover
Fury's: Harsh Armadillo
Sonny's: New Legs

Gilford
Patrick's: Corey Brackett

Manchester
Crazy Camel: Jonny Friday
Milly's: DJ
Strange Brew: Joe Rillo

Merrimack
Homestead: Brian Gray
Pacific Fusion: Joe McDonald

Nashua
Killarney's: Kieran McNally
Wicked Twisted: Wicked Twisted Blues Band Jam

Newmarket
Stone Church: Wormtown 2014 Battle of the Bands - Round 3

Portsmouth
Dolphin Striker: John Plaza
Fat Belly's: Jerry Sutherland
Press Room: Jim Dozet
Red Door: Red On Red w/ Evaredy (Ladies Night)
Ri Ra: Great Bay Sailor
Rudi's: Solo Dimitri on Piano

Weare
Boondocks: Blues Jam w/ Paul Spera, Junie Belanger & Mickey McGuire



HELPING HAND

Local musicians, including Matt Poirer and Friends, Ghost Dinner Band and Tristan Omand, hold a benefit concert in support of The Juvenile Diabetes Research Foundation on Saturday, March 15, at 7 p.m. at Fun Intelligent Training (30 Henniker St., Concord 715-5019). The BYOB event includes food and refreshments donated by local restaurants, a silent auction of everything from shooting lessons to Samuel Adams swag, and a raffle. After raising over \$4,000 the first year and \$10,000 in 2012, the JDRF hopes the third annual event is even more successful. Tickets are \$25.

COMEDY THIS WEEK AND BEYOND

Thurs., March 13
Derry
Halligan: Tim McIntyre, Adam Langlois

Nashua
Fody's: Alana Susko

Friday, March 14
Manchester
Headliners: Mitch Fatel
Palace: Lenny Clarke & His Cast of Characters

Newmarket
Stone Church: Pat Janssen/Doug Blay

Sat., March 15
Dover
Cara: Mitch Fatel

Laconia
Pitman's: Joe Yan-netty, Ryan Gartley & Abishek Shah

Manchester
Headliners: Mike Donovan

Plymouth
Flying Monkey: Paula Poundstone

Wed., March 19
Manchester
Headliners: Bob Seibel
Murphy's: Laugh Free or Die Open Mic
Shaskeen: Brody Stevens/Nick Lavallee

Thurs., March 20
Derry
Halligan Tavern: Chris Pennie/Wes Hazard

Hudson
Soho: Comedy on Purpose - Alana Susko

Friday, March 21
Manchester
Headliners: Dueling Pianos

Sat., March 22
Manchester
Headliners: Harrison Stebbins

Nashua
Chunky's: Dave Russo, James Dorcey, Jesse Bickford

St. Patrick's Weekend



Corned Beef & Cabbage
Friday - Monday

Fri. 7-11 Acoustic Jam

Sat. 8-12-10 Piece Horn Band
MANCHUKA

Sun. 3-7- Blues Jam

Mon. St. Patty's Day
4-8- LIVE Irish Music - The O'Gil's



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Sunday Breakfast
9am-Noon

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St. Patrick's Weekend Celebration

Saturday, Sunday & Monday March 17th

LIVE MUSIC
St. Patrick's Day!

Joe McDonald 9^{AM} - 11:30^{AM}

Drew Yount 12^{PM} - 2:30^{PM}

Brooks Hubbard & Paul Costly 3^{PM} - 5:30^{PM}

Jimmy & Marcelle 6^{PM} - 8:30^{PM}

The Black Velvet Band 9^{PM} - 11:30^{PM}

Irish Dancers & Bagpipes

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MAR 14TH & 15TH

ENTERTAINMENT THIS WEEK

FRI. MAR. 14TH IN THE LOUNGE
LAST KID PICKED



JOIN US FOR CORNED BEEF ON ST. PATTY'S DAY
MON. MAR 17TH ST. PATRICK'S DAY!
3-6³⁰- JOHN RIDLON DUO
7-10³⁰- NATE & DEMETRI

NEXT WEEK

FRIDAY MAR 21ST • ERIC GRANT BAND

SATURDAY MAR 22ND • DJ SEAN O'BRIEN WITH THE NH ROLLER DERBY PLAYERS

SAT. MAR. 15TH HODDA THUNK



MEET THE NH ROLLER DERBY PLAYERS
SAT. MAR 22 9-12PM WITH DJ SEAN

THURSDAYS. TRIVIA 6^{PM}-8^{PM} WITH
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EVENT
SUPER SINGLES ST. PATTY'S DAY DANCE Sat March 15th 8-12 at the Holiday Inn Hotel 4 Highwood Dr. Tewksbury MA. \$15 at the door for more info 781-439-9401.

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SIGNS OF LIFE

All quotes are from *Stories I Only Tell My Friends*, by Rob Lowe, born March 17, 1964.

Pisces (Feb. 19 – March 20) *The politics of the workplace can be complicated, Machiavellian, self-serving, and just downright stupid no matter where you work. ... It's just worse in Hollywood. Set aside some time for relaxing after work. You'll need it.*

Aries (March 21 – April 19) *In the end, the only earth-shattering experience I got from my time in the deprivation tank was a vicious ear infection. No wonder they never really caught on. Don't deprive yourself.*

Taurus (April 20 – May 20) *It also goes without saying that The Next Big Thing can also be a flash in the pan, given that a new one is crowned about every six months (dictated by TV's pilot season or the movies' summer and Christmas release dates). The good news is: that's a lot of slots; the bad news is: there's gonna be some newbie busting your rice bowl every six months.*

Don't sweat it. There's room for everybody.

Gemini (May 21 – June 20) *I'm beginning to see that show business at this level is full of emotion, threats, and warlike conflict, usually followed by smiles and hugs. If you weren't crazy for wanting to get into movies in the first place, you could quickly become so once you got there.*

Stay off the emotional roller coaster.

Cancer (June 21 – July 22) *I explode into a sprint, leap as high as I possibly can, and come down on my knees hard, skidding a good ten feet across the floor. There is a grotesque pop that can be heard over the music, and my right knee explodes in pain. ... I didn't get the part in Footloose. If you're going to audition, limber up first.*

Leo (July 23 – Aug. 22) *I found I loved the challenge and that I had a facility for the timing and type of dialogue that values specificity of language. ... Today, About Last Night is considered a classic. I'd put it up against any 'date night' movie ever made. Value specificity of language. Also, have you considered a movie for date night?*

Virgo (Aug. 23 – Sept. 22) *How fast can a race be with the words 'turkey' and 'trot' in its name, I figured. Turns out the answer is very very fast. Don't judge a turkey by its trot, nor anything else by its name.*

Libra (Sept. 23 – Oct. 22) *You think star athletes have a tough re-entry when they retire? Try going from endless free doughnuts, screaming girls, and a starring role on television to tenth-grade driver's ed. Basic good manners will help a lot as you attempt to navigate different worlds.*

Scorpio (Oct. 23 – Nov. 21) *I am under the care of a hip, young counselor named Mike. And being hip is a big plus for me because my greatest fear is that being sober means being boring. Embrace the boring. It's cooler than you thought.*

Sagittarius (Nov. 22 – Dec. 21) *I would kill for a cup of coffee. I would drown puppies for a Big Mac. You might want to lock yourself up until the urge passes. At least have alternative activities ready.*

Capricorn (Dec. 22 – Jan. 19) *I know two things: I take direction for a living and I'm competitive. This gives me great advantage. Competitive direction-taking could make all the difference this week.*

Aquarius (Jan. 20 – Feb. 18) *It's hard to look cool in your new car with your six-year-old brother in the backseat. But if anyone can do it, you can.*

NITE SUDOKU
Conceptis Sudoku By Dave Green

	3			8			
2				7			
			5	3	6	4	
		9				6	7
	5	7				3	9
1		4				8	
		1	4	8	9		
				2			1
			6				8

SU DO KU
Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Last week's puzzle answers are below

3/6

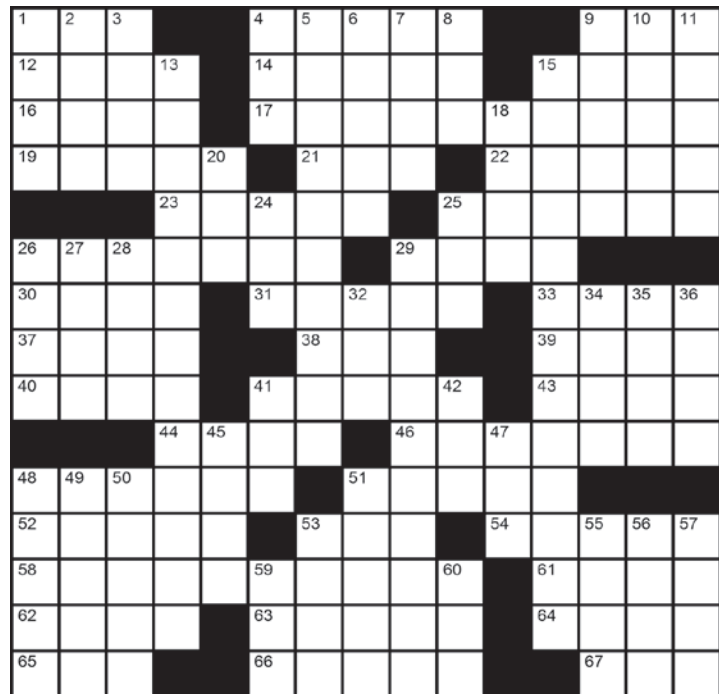
8	5	3	2	6	9	7	4	1
6	7	9	4	5	1	8	2	3
4	1	2	3	8	7	6	5	9
1	8	4	7	3	2	9	6	5
7	9	6	5	4	8	1	3	2
3	2	5	1	9	6	4	7	8
5	6	7	8	1	3	2	9	4
9	4	1	6	2	5	3	8	7
2	3	8	9	7	4	5	1	6

Difficulty Level ★★★ 3/13

“Letter Chop” — one splits into two

Across

- 1 “Tommy” group, with “The”
- 4 Flight segment
- 9 Midwinter malady
- 12 They “don’t lie,” so says Shakira
- 14 Explorer ___ de Leon
- 15 Horse holder
- 16 Sphere of expertise
- 17 Quests
- 19 Patches up
- 21 Treat a rapper with contempt
- 22 “Let sleeping dogs lie,” e.g.
- 23 Hannah of “Splash”



- 25 “The Divine Miss M”
- 26 Georgia’s state tree
- 29 Unpleasant, as a situation
- 30 “Skinny Love” band Bon ___
- 31 Flip side?
- 33 Laceration, later
- 37 Cause bodily injury
- 38 Evansville’s st.
- 39 “___ Eightball” (Emily Flake comic)
- 40 Baby-dressing photographer Geddes
- 41 River frolicker
- 43 Metal in supplements
- 44 Part of MIT
- 46 Musses
- 48 Toddler
- 51 “Get ___” (Aerosmith album)
- 52 “Delta of Venus” author Nin

3/6



- 53 180 degrees from SSW
- 54 Reproduction
- 58 Torte cousins
- 61 Amble aimlessly
- 62 Altoids containers
- 63 Like models’ hair in shampoo ads
- 64 In a huff
- 65 T or F, on some exams
- 66 Lock of hair
- 67 Gates portal

Down

- 1 Crash sound
- 2 Put on the payroll
- 3 Not settled
- 4 Me-time place, perhaps
- 5 Country star known for hot alcoholic drinks?
- 6 Blacksmith’s block
- 7 Chills the bubbly
- 8 Stimp’y smarter pal
- 9 Wild
- 10 Feudal figure
- 11 Al of Indy fame
- 13 Measurement system of what’s more pathetic?
- 15 Dorothy’s footwear, but in a less glamorous shade?
- 18 Waggin’ part
- 20 ___ Paulo
- 24 Cheerleader’s syllable

- 25 Booker T.’s backup band
- 26 Peru’s capital
- 27 Novelist Turgenev
- 28 Silver streak
- 29 Farmers who just won’t shut up about milking techniques?
- 32 Kitchen crawler, if you’re a slob
- 34 Barbell rep
- 35 Shaving cream additive
- 36 Box score data
- 41 Big mo. for candy companies
- 42 1920 play that takes place in a factory
- 45 Palliate
- 47 Combine ingredients
- 48 Word in many reggae song lyrics
- 49 Remove, as a boutonniere
- 50 Improvements
- 51 Sprain site, perhaps
- 53 Depilatory maker
- 55 Hospital unit
- 56 Accessories for a dory
- 57 Wolverine’s pack
- 59 Hrs. on the Mississippi
- 60 Part of iOS

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Not sure who to send it to? You can also contact editor Amy Diaz at adiaz@hippopress.com or call 625-1855 ext. 29.

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Send letters to the editor to news@hippopress.com. Include your name, address and phone number for verification. Letters will be edited for size and will appear in our occasional comments section.

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Contact our classified ad department at classifieds@hippopress.com or 625-1855 ext. 25. The deadline for classifieds is Monday at noon.

Sobering signs

In February, the Tennessee Supreme Court ruled that David Bell could not avoid being charged with DUI merely because he had been sober enough to pass all six “field sobriety tests” administered during a traffic stop. It was enough, the court said, that he had admitted drinking that night. A few days later, the Austin American-Statesman reported on Texan Larry Davis’ struggle to clear the 2013 DWI arrest from his record since he had blown a 0.0 alcohol reading that night and then had voluntarily undergone a blood test for other impairing drugs and come up clean on that. Davis had admitted to “one drink,” but allegedly failed a “field sobriety test” (in the opinion of the arresting officer, anyway). (Davis’ case is still unresolved, but since he has been declared an “indigent,” the state covers his legal expenses.)

Compelling explanations

- John Rogers of Geneva, Fla., recently acquitted in a shooting death (using Florida’s “stand your ground” defense), convinced a judge in February to return his guns, which police had confiscated when they arrested him. Rogers said he needs the guns for protection because he is particularly vulnerable in that he is blind.
- Rogerio Scotton, challenging federal charges in January that he lied to immigration officials about his “marriage” to a Cuban woman (a “sham,” said prosecutors), offered to prove the matrimony’s bona fides by showing the couple’s conjugal-bed videos in open court. (The judge instructed Scotton to find a “less intrusive” way to make the same point.)

The continuing crisis

- The firm 3D Babies has begun selling (for \$800) 8-inch-long fetal sculptures developed from 3-D ultrasound images, computer graphics and 3-D printing technology (“printing” successive layers of material continuously, eventually creating a physical object). (Four-inch and 2-inch models are available for \$400 and \$200, respectively.) For celebrity hounds who are not planning imminent parenthood, the company sells one fetal sculpture off the shelf: the Kim Kardashian-Kanye West fetus (“Baby North West”) for only \$250.
- Ms. Blondie Bennett (her recently acquired real name), 38, is not just a California model selling provocative “Barbie doll” photos of herself online (featuring her recently augmented 32JJ breast implants). She is at work on a longer-range project to remake herself completely as a human Barbie doll to include the popular critique that Barbie represents not only bodily perfection but mindlessness. Bennett said she has had 20 hypnotherapy sessions to “help” her appear more confused and vacant, according to news reports. “I want people to see me as a plastic sex doll, and being brainless is a big

part of that.” She said she is doing well in that she recently got lost driving to her mother’s house.

Perspective

First-World Problems: The designer Giorgio Armani is one of the most recent one-day sponsors of a United Nations project to send safe drinking water to help some of the planet’s 768 million people without access to a clean supply. The Tap Project program signs up smartphone users with a reward: that it will donate one day’s clean water to a child for anyone who can manage to refrain from picking up his or her phone for 10 consecutive minutes. Tap Project screens even feature a 10-minute countdown clock to help dogooders remain strong in the face of anxiety over the brief loss of access to Facebook, online games, et al.

The litigious society

British litigant Jane Mulcahy was turned down twice recently in her attempts to sue her former divorce lawyers for negligence although they had won her case, defeating her husband’s contentions. The lawyers were negligent, she said, because they never told her that if she “won” the lawsuit, the marriage would be over. Lord Justice Briggs, in the second appeal, said that Mulcahy’s Roman Catholic faith should have tipped her off that “divorce” ended the marriage.

Ironies

- As Americans know, Canada’s health care system, funded largely by taxes, is dramatically less expensive than America’s well, unless you’re a dog. The Canadian news service CTV reported in February that increasing-

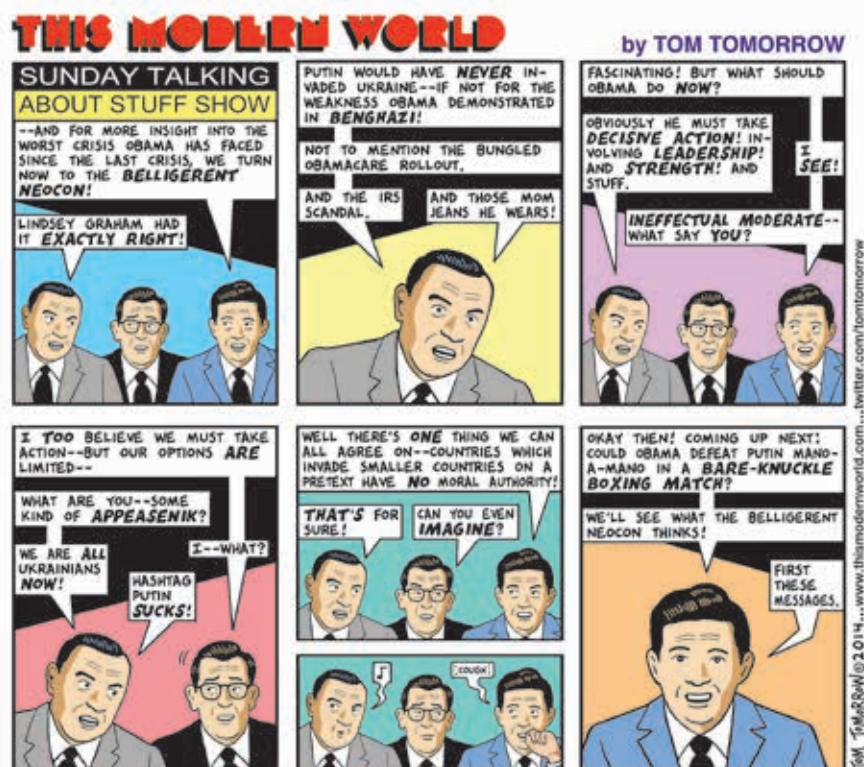
ly, pet owners in Winnipeg, Manitoba, are making the 120-mile car trip to Grand Forks, N.D., because U.S. veterinarian prices are significantly lower than comparable services by Canadian vets. One Winnipeg family, facing a \$650 teeth-cleaning plus blood work for Jackson, their Shitzu, took him on the road trip to Grand Forks, where the bill came to \$205.

- The Internal Revenue Service might have second thoughts about suing William Berroyer to recover a \$60,000 tax underpayment since, by the time Berroyer was finished with them, the federal government had been ordered to write Berroyer (now age 66) checks totaling nearly 15 times that much. Berroyer, who was on his way out of the IRS office in Hauppauge, N.Y., after his first meeting in 2008, tripped over a phone cord and fell against a filing cabinet, injuring himself so severely that he required a 17-day hospital stay and rehabilitation and alleged long-term confinement to a wheelchair.

Least competent criminals

- Michael Williams, 53, was arrested in Sumter, S.C., in February after his debit card was rejected as payment at the Applebee’s restaurant. Police were called when Williams’ backup form of payment was a “U.S. currency” bill in the denomination of \$1 trillion.
- Dyonta Rose, 29, in police custody the night of Feb. 22 in Dallas for possession of narcotics, fled the police cruiser still wearing his handcuffs. Rose was tracked down a short time later when he called 911 to ask for an ambulance because his handcuffs were cutting off circulation in his arm.

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